



Sixteen-O-Run Fitness Center is adhering to the CDC guidelines as well as orders by the state and the city for the reopening and commencement of operations. We have put the following policies and procedures into place.

- **All members are required to complete our additional waiver form to access the facility.** For waiver forms and all questions regarding membership, contact HealthEase at info@healtheasefitness.com.
- The locker rooms are available; however, towels are not currently provided. We suggest members bring their own towels.
- For everyone's safety, **masks must always be worn** by anyone in the fitness center.
- The number of people in the facility at one time is limited to eight people. Each visit is limited to one hour, including time in locker room and on exercise floor.
- We strongly encourage everyone to practice social distancing. Cardio equipment is limited to designated machines to support physical distancing. Mats will be limited; we suggest members bring their own mats.
- The fitness facility will be cleaned and disinfected frequently.
- For everyone's comfort, we require members to disinfect the equipment before and after using it. Ample disinfecting supplies will be available for your use. Please adhere to all member guidelines posted in facility to assist with this process.
- Indoor group exercise classes will be offered for up to 2 people per class until further notice.