

Welcome back, LAC!

Changes you can expect:

- **Temperature checks** are required upon entering.
- **Waivers** must be signed before facility use.
- **Masks** must be worn while entering and exiting the building, in the lobby area and throughout locker rooms, but can be removed while exercising (with the exception of Extra Armor Fitness Time when masks are mandatory regardless of activity).
- **Cardio Equipment** every other one open to maintain social distancing guidelines.
- **Childcare** will remain closed for now.
- **Family Fitness Time** will not resume at this time, so no one under age 13 allowed in gym.
- **24-hour access** in Alexandria will not resume at this time.
- **Locker rooms** are open, but we recommend only using rented monthly lockers.
- **Towel service** will not resume at this time so we ask members to bring their own towels.
- **Lap pool** will be open for lap swimming and walking, but only 1 person per lane for 25 minutes max at a time when other are waiting.
- **Therapy pool** – 6 people max. If others are waiting, 25-minute max.
- **Steam rooms** – 3 people max capacity, 15-minute time limit.
- **Hot tubs** – 3 people at a time. 15 minutes max.
- **Water fountains** will be closed, please bring your own water bottle.
- **Shakes** are not currently being sold at the Alexandria club.
- **Group Fitness Classes** - space is limited and may be relocated to basketball court to accommodate social distancing protocols if number of participants exceeds 10.
- **Basketball** – 1 person on each half court at a time. If family, 2 can be together.
- **Racquetball** – 1 person in each court at a time. If family, 2 can be together.

What we are doing:

- We have increased our staff coverage for equipment cleaning
- Employees will be wearing masks during their shifts
- Designated mandatory mask time Mon-Thurs 1:30-3:00pm (Extra Armor Fitness Time)
- We are taking employee temperatures and monitoring their health
- Group fitness floors are marked for social distancing
- We are spacing out weight equipment to meet the 6 feet social distancing guideline
- We are providing hand sanitizer and equipment sanitizing wipes for your use
- A sanitizing solution spray is provided for before and after shower use

These changes around our club are made in an effort to meet the guidelines for stopping the spread of coronavirus. We will review and adjust these procedures often as the CDC recommends. Thank you for adapting with us through this unprecedented time.

In health,
LAC Staff