

# AUGUST 2020



Mon-Fri 7am-6pm  
Extended Hours  
Available



**Fitness Center**  
828-894-0277

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
2	<p><b>NOTICE: Fitness Center Re-Opening on a Limited Basis - NO CLASSES</b></p> <p>We understand the seriousness of the COVID-19 situation and the need for caution. We have been exercising this caution with great diligence while serving our physical therapy patients the last five months.</p> <p>We will now proceed forward with the same caution and diligence in offering fitness members the opportunity to return on a limited basis. We will insist that those who return follow every precaution as outlined or they will not be allowed to use the facility.</p> <p>We will open for gym members who want to return to the facility as space is available.</p> <p><u>For extended hours members, you will be responsible to check your temperature prior to coming to the gym.</u></p>					1 8
9			<ul style="list-style-type: none"> <li>• We will check your temperature upon entering during regular business hours (7am-6pm). We ask that you wash your hands for 20 seconds after your temperature check before you workout and before you leave.</li> <li>• We will only allow a maximum of 6 members in the facility at a time. We will have 6 bottles of cleaning solution available. As you enter, you will grab a bottle of cleaning solution to clean all surfaces you contact as you go. On conclusion of your workout, you will clean the outside of the bottle and return it to the cart. If there is not a bottle of cleaning solution available, it is an indication that we are at our 6-member maximum and you may not enter until a bottle becomes available.</li> <li>• You must always try to maintain a 6-foot distancing perimeter around you while using the facility. For example, in the cardio area, please use every other treadmill or elliptical.</li> <li>• Masks are recommended but are not required.</li> <li>• No group classes will be offered.</li> <li>• To reactivate your key fob, the first time you must come in during regular business hours (7am-6pm) and check-in at the Fitness desk.</li> </ul>			15
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30	<p>Those who return to the gym are accepting the risk that they may be exposed to COVID-19.</p> <p><u>Please be responsible. If you are sick, running a fever, or coughing/sneezing,</u></p> <p><b><u>PLEASE STAY HOME.</u></b></p>					



ALL AUGUST CLASSES  
CANCELED