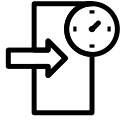


# WELCOME BACK!

## WE'VE ADJUSTED OUR IN-CLUB GUIDELINES TO HELP OUR MEMBERS HAVE A SAFE WORKOUT:



Workout bookings are on a first-come, first-served basis. Club capacity will be limited and monitored at reception.



Practice safe physical distancing by staying 2 meters apart.



If you're not feeling well, we kindly ask you to reschedule your workout.

\*Members exhibiting signs of illness will be asked to leave.



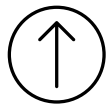
Disinfect equipment BEFORE and AFTER use.



Bring your own water bottle. Drinking fountains are closed. Water coolers and filling stations are available to fill up your water bottles. Please disinfect BEFORE and AFTER use.



Some equipment and lockers are unavailable to maintain physical distancing.



Directional arrows have been added to guide foot traffic.



No supersets or "working in" on equipment. Please only use one piece of equipment at a time.



Masks and gloves aren't required during your workout but we encourage you to bring your own when meeting with staff.