

Be Caring. Be Considerate. Stay Safe.

We ALL need to do our part.

These are steps you can take to help protect yourself, others in the Club and your loved ones.

Wearing a MASK throughout the Club^{*}

- As you walk in and out of the Club
- In all locker rooms, washrooms, and hallways/stairways
- While waiting in-line for Group Fitness classes
- A mask must securely cover the nose, mouth, and chin

Physical Distancing Responsibility



- Be considerate of other Members keep a 6 foot distance at all times
- Use your best judgement when deciding if a piece of equipment or workout area can be used safely
- Be respectful when using multiple pieces of equipment or workout areas

Club Cleanliness

- Equipment must be properly wiped down before and after each use
- Remember to sanitize your hands frequently upon entering the club and before you leave

*Except while working out

GoodLife FITNESS°

Caring about the health and safety of our fitness community through the GoodLife Standard.