

What you need to know for DHC Group Exercise Classes:

NEW! Please read before attending group exercise classes:

- The multipurpose room will be marked off into 12 ft. sq. sections to maintain proper social distancing. Max capacity for classes will be 7 participants, and spots will be first come, first serve.
- You must wear a face mask when entering the Health Club, and keep it on at all times unless actively exercising. You will not be required to wear your mask during a group exercise class.
- Please bring your water in a sealable water bottle with a lid to keep in your area during class.
- Bringing your own mat is encouraged, but not required.

- All of the group exercise classes at Dan's Health Club are taught by a live, certified instructor who can help you make each workout work for you! No videos or DVDs are used for scheduled classes.
- We can provide modifications for all moves and ensure that you are performing exercises safely and effectively. If you have joint problems or think you may have difficulty with the moves, please talk to your instructor before class to determine appropriate modifications.
- Bring water to every class! You should drink 8-12 ounces of water during a 30 minute exercise session to stay hydrated and replenish fluids lost in sweat. Cups are provided by DHC, and bottled water is available in the vending machines.
- Wear appropriate exercise clothing and shoes. Clothing should be comfortable and allow for full range of motion (no jeans.) Training shoes that provide lateral support and minimal tread are best.

Current DHC Soft Opening Procedures:

The pool, showers, saunas, and basketball court will remain closed at this time.

Access will be limited to employees only and name badges are required. No spouses, children, retirees, or guests will be permitted.

Please enter through the main DHC entrance (Door S35). Do not access the gym by cutting through the Medical Clinic waiting room.

To encourage proper social distancing, we ask that employees who are working remotely attend between 6 am – 8 am. Second shift employees should attend between 1 pm – 3 pm. Employees working on-site should attend before their shift or during their scheduled lunch.

Per State Guidelines:

All patrons must undergo a temperature screening and questionnaire before entering gym.

No entry will be granted for:

- recent travelers to New York, New Jersey, Connecticut, New Orleans, or Overseas,
- those with fever, symptoms, recent contact with a COVID-19 patient,
- or those who are immunocompromised, have a chronic disease, or are pregnant.
 - Chronic diseases include; Asthma, Cancer, COPD, Diabetes, Heart disease, HIV/AIDS, Multiple sclerosis, Parkinson disease, lupus, and rheumatoid arthritis.

After completing the temperature screening, employees will be asked to wash their hands before entering the gym areas.

Masks will be required for staff at all times, and required for gym patrons upon entry of the facility, except when actively exercising.

12' social distancing and no personal contact will be observed. Equipment will be appropriately distanced, and machines that fall within the 12' radius will be marked off with caution tape and are not to be used. Due to these guidelines, we ask that you do not perform heavy lifts that require a spotter for your own safety.

Hand sanitizer and Force Wipes will be available to all exercisers. All equipment will be cleaned after use.

We have created a card system to alert staff which pieces of equipment need cleaning. Cards will be turned to show the green side when a piece of equipment has been cleaned and disinfected and is ready for use. When an exerciser uses a piece of equipment, they will turn the card to the red side to indicate to DHC staff that it needs cleaning. Guardian will be sanitizing the gym as well.