

WORKING OUT SAFE – OUTDOOR FITNESS CLASSES

Park Center Health & Fitness will open for outdoor group exercise classes on June 4th, with a number of provisions to protect the safety of our customers, employees and our community.

We believe outdoor fitness classes can be held while maintaining safe physical distance among individuals and that it provides an opportunity to exercise, appreciate nature, and promote mental well-being. We are committed to safety and have a plan in place allowing patrons to exercise with as little contact as possible while adhering to the guidelines set forth by the Illinois Department of Commerce & Economic Opportunity. *(Last Updated June 2, 2020)*

How **THE EXPERIENCE** is changed

- **Outdoor Fitness Limitations**
In accordance with state guidelines, group exercise will be limited to 1 instructor and 10 participants per class. There will be breaks in between classes to provide the necessary cleaning of equipment and to adhere to group gathering limitations.
- **Reservations Required**
To provide proper spacing and adhere to group limitations, we are requiring reservations to be made through getfitglenview.org. Follow the three simple steps: Sign waiver, reserve your spot and purchase class pass if needed.
- **New Location**
All participants arriving to class should check in with instructor on the EAST side of Park Center, just past the East Wing entrance. Follow the red arrows!
- **Pass Options**
Passport packages will be offered, including the 1 pass, 5 punch pass, and 10 punch pass. *Note: platinum and 30-day unlimited memberships not valid at this time. Any expired passes during the last three months have been extended through August 2020.*
- **Bring Your Own Equipment**
Please plan to bring your own mat, towel, hand sanitizer and water bottle. Please fill bottles prior to class as water fountains are unavailable. *NOTE: No bathrooms available, please plan accordingly*
- **Health Screenings**
Participants will go through basic health screening questions prior to joining class in order to keep our staff and participants safe.

How **YOU CAN HELP** keep it **SAFE**

- **Don't Work out if you're Sick**
If you are experiencing cold or flu symptoms, have a fever, or have been exposed to someone with COVID-19: stay home and protect other participants and staff.
- **Face Coverings Required**
Please be sure to wear a face covering whenever not exercising. This includes checking in and out of classes.
- **Maintain Space with Other Participants**
There will be marked spaces providing the proper distance between you and other participants. Please stay within your designated area during class.
- **Be a Good Citizen**
With everyone following the guidelines and rules set forth, we are able to provide a safe and fun fitness experience.

How **WE** are keeping you **SAFE**

- **Minimum Basic Operations**
We are limiting staff contact by maintaining only minimum basic operations. Staff are required to stay home if they are ill or in contact with someone who is ill. Additionally, we're avoiding close contact whenever possible. Please understand our staff are providing the best experience possible given limitations.
- **Extra Enforcement of Hygiene**
Staff are upping their hand washing and frequently disinfecting common touch points.
- **Sanitizing Stations Available**
There will be hand sanitizing stations available at the outdoor fitness area.

Failure to Follow Guidelines

We care about your health.

The COVID-19 pandemic is very serious. Please be respectful of staff and fellow patrons at all times.
Failure to follow staff directives and the guidelines set forth will result in suspension of your fitness privileges until further notice.

The Park District may change and update guidelines and restrictions at any time given the fluid nature of the pandemic and as new regulations are implemented or new guidance is developed.