

## Current Phase 3 Guidelines

***Phase 3 capacity is 75% BUT the spacing of 10 feet leaves us limited space within the gym itself***

Things are still be a bit different for a while so here we go:

- The gym is **limited to 35 people at one time** so please limit your time to 60 minutes (30 minutes on a cardio machine) if someone is waiting to enter.
- Use one of the sanitizing stations when you arrive and before you leave the facility
- Grab your personal spray bottle and clean towel as you enter
- You must wipe down all equipment after each use (this includes seats, handles, free weights, dumbbells, etc.) with wipes/sprays available to you
- When you exit, place your spray bottle on the dirty table and place your towel in the receptacle
- **MASKS** (bring your own) are **REQUIRED** on the tile surfaces but optional during exercise
- Social distancing guidelines are **10 feet at all times in the gym if possible**
- Bike classes are available with a maximum of 12 per class due to distancing. All classes must be reserved by going to [stageflight.com](http://stageflight.com)
- In-person group exercise classes begin August 3<sup>rd</sup> with a maximum of 11 per class due to social distancing guidelines. You must reserve your spot in class by going to [ironboundgym.motionvibe.com](http://ironboundgym.motionvibe.com) A branded app will be available soon. Some virtual options and hybrid classes will be available.
- The functional room will be available with reservations of 2 per hour to members of the room around the indoor cycling schedule

**Please be patient with us. None of this is normal and we are trying to operate the gym safely for our members and staff while following CDC and other guidelines. All rules and guidelines are in the best interest of everyone and may change at any time. Please follow them so we do not have to close or add more limitations.**

**Our ultimate goal is to provide health and wellness as we have in the past and we look forward to doing that once again. We cannot wait to see you.**

For any questions, please e-mail [scott@ironboundgym.com](mailto:scott@ironboundgym.com). Thank you so very much.

