

# 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 30 people at one time** so please limit your time to 75 minutes
- 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 in the appropriate area, place your towel in the receptacle, and **SCAN OUT** using your member ID.
- **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**
- In person bike and fitness classes are available but limited in number to members of IBG. Classes spots must be reserved prior to entry. Virtual & hybrid classes are available.
- **GUESTS** to IBG are limited based on capacity at the time. Please call prior to arrival.

**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.

