

Montgomery County Family YMCA

Wellness Area / Track / Fitness Room Guidelines

Operational Level 3

- No more than 8 at a time in Wellness Area
 - No more than 9 in a fitness class
 - Must have one equipment station separation from others when exercising on cardio equipment (treadmills, exercise bikes, stair steppers..etc)
 - Must have one equipment station separation from others when exercising on circuit equipment
 - No lifting together in tandem or spotting of others in free weight area
 - No walking/running together (shoulder to shoulder) on track
 - Spray down and wipe cardio equipment before and after use
 - Spray down and wipe barbells, weights (even hand weights), benches before after each
 - No congregating of members within a six foot radius
 - Appropriate workout clothing must be worn. Staff may ask member/guest to change attire if staff finds it inappropriate.
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- ✓ Fans will not be allowed for use to limit transmission possibility

 - ✓ Should use a blue towel for equipment wipe down and white towel for own use