



Guest Services Tier 3 Guidelines

Personal Training Sessions

1. Personal training sessions must be made in advance.
2. Personal training sessions are allowed for members and nonmembers.
3. ONLY One-on-one personal training sessions are allowed.
4. Client should clean and sanitize equipment (e.g., weights, treadmills) before and after use.
5. Client arrives at facility dressed in workout attire.
6. Client should come to the facility no more than 10 minutes before the scheduled sessions.
7. Clients **ARE REQUIRED** to wear a face covering when **exercising**.

Massage Therapy Sessions

1. Massage Therapy sessions are allowed if deemed medically necessary by a doctor.
2. Massage Therapy must be made in advance.
3. Massage Therapy sessions are ONLY allowed for members.
4. Client should come to the facility no more than 10 minutes before the scheduled session.
5. Clients **ARE REQUIRED** to wear a face covering during the scheduled session.