



MEMBERS AND STAFF **ARE REQUIRED** WEAR FACE COVERINGS THE ENTIRE TIME THEY ARE IN THE FITNESS CENTER/BUILDING.

Due to capacity restrictions, fitness center members will be able to reserve one-hour time slots (see below). Reservations must be booked up to 12 hours in advance; for example if no one registers for the *weekday* 6:30am shift by 6:30pm the previous day then the fitness center will not open until the 8:00am time slot.

You can register either online at <http://rmparks.org/fitness-center> or by calling 847/818-3200 x1221 or x1331 between 9am to 5pm on weekdays.

#### FITNESS CENTER HOURS

##### Monday-Friday

6:30am-7:30am

8:00am-9:00am

11:00am-12:00pm

12:30pm-1:30pm

5:00pm-6:00pm

##### Saturday and Sunday

8:00am-9:00am

9:30am-10:30am

11:00am-12:00pm

Walk-ins are NOT permitted.

One time slot per day per person.

Specific cardio equipment will be closed to allow for 6 feet of social distancing.

On the Precor, NuStep, and Climbmill pieces of equipment, do not use a machine that is directly next to someone already using a machine.

There will be a 20 minute limit on all machines/equipment.

Wipe down equipment before and after use.

Locker room can be used to change but there will be no usage of lockers.

Patrons are encouraged to bring their own water bottles. You will not be able to refill it, so multiple bottles may be necessary.

Towel service has been suspended.

Cleaning, sanitizing, and disinfecting best practices are being implemented and conducted by staff.

Admission procedures have been redesigned to limit in-person interactions and only staff will be allowed in the office area. We are going to start scanning membership cards. No sharing of equipment between members, unless they are from the same household.

Fans shall remain OFF at all times.

If you are currently exhibiting COVID-19 symptoms (ex: fever 100.4 or above) or don't feel well, you should not come to the fitness center. For a listing of COVID-19 symptoms visit [cdc.gov](https://www.cdc.gov).

Rev 11/19/2020