

General Operations Summary (clients):

Preferred booking system: Trainers Google calendar via email or text.

Policy and Procedures

1. You must arrive at your pre-scheduled time. If you are greater than 10min late, you will be denied entry. No shows will also be counted as a used session. 24 hour notice for cancelled/rescheduled sessions.
2. All training sessions are 45min in duration with a 15min transition period.
3. Prior to entry (Unit N), you will be screened. All negative screens must sanitize hands. NOTE: Entry will only be through Unit N door. Please bring your outdoor shoes into the changeroom.
4. At time of check-in, training must be paid for to minimize number of interactions (POS will be sanitized between uses)
5. We are unable to provide PPE to clients.
6. Changeroom for client use is permitted with a maximum of 2 clients at any 1 time. Showers will be closed until further notice.
7. It is encouraged to bring you own sanitation rag otherwise, one will be issued to you at the beginning of the session. You will be responsible for properly handling and disposing of your rag. Leaving your rag unattended or failure to comply will lead to suspension of session without refund or rebook.
8. Upon checking out from your training session, exit through the rear gym doors (unit M). A sanitization station will be available at the exit.