



September 2020

Dear Fitness Member-

Throughout the coronavirus pandemic the health and safety of our members and staff has been our highest priority, and we would like to share the steps that remain in place for your protection:

- Enhanced cleaning procedures continue to be implemented throughout the center, including increased frequency and new cleaning supplies.
- Some fitness equipment has been moved or designated as “out of service” to allow for appropriate distancing between members on the fitness floor.
- All members and staff are screened when they arrive at the center. The screening includes a temperature check using a forehead scanner and questions recommended by the CDC.
- Facemasks are required for members and staff except when actively exercising. (Of course, members are welcome to wear masks when exercising.) Masks may be required during specific group exercise classes based on class format and instructor preference.
- Please wash your hands before and after exercising.
- Equipment should be wiped off before and after use.

Valley Health Wellness & Fitness | Woodstock is pleased to be part of your fitness program, helping you achieve your wellness and fitness goals. Help us to keep you safe by complying with these guidelines. Please contact the center at 540-459-1387 with any questions or concerns.