



To our Fitness Center Members,

As the situation continues to evolve, we're closely following the most up-to-date guidelines from the [Centers for Disease Control and Prevention \(CDC\)](#) and implementing their recommendations throughout our fitness centers.

We are encouraging our members to stay home when sick to help contain the spread of COVID-19 and when not sick engage in social distancing as recommended by the CDC.

Effective March 19th our hours will be*:

Monday – Friday: 7am-7pm

Saturday: 8am – 4:00 pm

Sunday: 8am – 4:00 pm