

GROUP FITNESS IMPORTANT GUEST INFORMATION



Drop-in Group Fitness at Recreation Centers

Due to the COVID-19 pandemic, many procedure updates will be implemented to minimize the spread of the virus. The District strives to provide a safe environment while still providing a positive experience. The District is also committed to minimally meet or exceed all State/County COVID guidelines. Procedures will be updated as changes are available.

General Group Fitness Guidelines

- Advance reservations are required for all drop-in group fitness classes. Reservations may be made up to 24 hours in advance online at <https://www.ssprd.org/drop-in-fitness.html>. Online reservations close one hour prior to the scheduled start time. Capacities are limited.
- Check in is permitted no more than 10 minutes before the scheduled class start time.
- Guests who have not checked in 5 minutes prior to the scheduled class start time will forfeit their reserved spot to any waiting guests.
- Late admission will not be permitted.
- Guests should come workout ready, dressed to exercise with a filled water bottle. Showers and lockers are available on a limited basis.
- Appropriate facial coverings/masks, covering the nose and mouth, are required inside the facility. Masks must be worn at all times with the following exceptions:
 - Those ages 10 and younger.
 - Those in the pool. Masks cannot be worn in the water.
 - Those completing exercise where a mask may interfere with their respiratory function due to a medical condition. Guests that are unable to wear a mask during a fitness class will be asked to move to the back of the room and allow for extra distance between themselves and other guests.
- Please do not enter the classroom space until the instructor invites you in.
- Classes will utilize limited equipment. Equipment will be disinfected before and after each class. Participants may be asked to assist with disinfection.
- Please bring a yoga mat for class formats requiring mat work. No yoga mats will be provided.

Please visit <https://www.ssprd.org/Safe-Return> for general recreation center information.

Additional Questions or Concerns

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