

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

- Advanced 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.
- If you wish to complete a general workout in addition to the group fitness class an additional reservation will be required. Please check in at the front desk between activities.
- 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 very limited basis.
- Masks are required, except while exercising and 6' of distance is easily maintained. The instructor will notify you when you may remove your mask. Masks must be put back on at the end of class.
- 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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