



At Highland Fitness, we are passionately committed to providing an inspiring, safe and clean environment for our members to improve their quality of life! We are closely monitoring Coronavirus (COVID-19) developments and our team is taking the necessary precautions to make sure you can safely work out in our club. Rest assured, Highland Fitness has customized standard operating procedures in place, but we also know there is strength in numbers, so we are asking you to join us in our commitment.

BEST PRACTICES TO HELP PROTECT YOURSELF AND OTHERS:

Please do not come to the club sick - If you are not feeling well, have a fever, or visible signs of illness we ask that you take the time to rest and recover. We promise missing a day won't delay your fitness goals!

Wash, rinse, and repeat - Good hand washing practice involves immersing your hands in warm, soapy water for at least 20 seconds. Wash in bubbles and wash often!

Cover your coughs and sneezes - Cover your mouth and nose with a tissue or your sleeve, not with your hands. Using your hands will only further spread germs and viruses.

Disinfect your equipment - Germs can live on hard surfaces for an entire day! To kill germs, wipe-down equipment before and after use.

Social distancing – We are suspending large Group Fitness Classes to encourage social distancing and to follow the guidelines set forth to limit class sizes of more than 10 people.

Keep your hands away from your face – Avoid touching your face to prevent the spread of germs. Your eyes, nose and mouth are areas where viruses can easily enter your body.

Hands-off for now - We have asked our employees to refrain from hands-on assisting during Personal Training, group fitness and other workouts. In addition, high fives and hand shakes can be replaced with nods and smiles for the time being. Avoid touching your face to prevent the spread of germs.

We are on the offense - Our club is fully stocked with hand sanitizer, tissues, towels and disinfectant spray. Please use them!

Stay informed - Refer to the CDC for best practices to keep you and your family safe [link to CDC Recommendations »](#)

Club updates - We are closely monitoring Coronavirus (COVID-19) developments. Please check our Facebook page or Highlandfitness.com for the latest updates.

In addition, we have added/implemented new practices throughout our club. Added more hand sanitizer and disinfectant stations; including Neutral disinfectant in locker rooms to wipe down lockers.

- Set even more vigilant cleaning expectations for all team member positions
- Wipe down equipment more frequently
- We will continue to keep the cleanliness and sanitation of our club as a top priority so that our members, guests and employees have a safe and healthy environment to workout and enjoy your time at Highland Fitness!

