

Per Current Health Guidelines

Group Fitness Classes

For all Patrons, Instructors and Guests

As outlined in the state's Utah Leads Together plan, the current health guidelines ask Patrons and Instructors to take extreme precautions as they consider participation in

GROUP FITNESS CLASSES AND ASSOCIATED GATHERINGS:

- Do not participate if you are sick and/or experiencing a fever, cough or difficulty breathing.
 - It is your responsibility to ensure that your in-person interactions are limited to individual households and those who have been following recommended distancing/hygiene guidelines.
 - You are advised to wear a mask as much as possible when not actively participating in a class, unless a face covering could adversely affect breathing.
 - Instructors and participants must maintain social distancing of 10 feet at all times.
 - Participants are encouraged to clean/disinfect needed equipment for each respective class, prior to and after use.
 - Please do not congregate in front of entry ways to the rooms or within the hallways of CHRC.
 - Maintain social-distancing as much as possible, especially when entering or leaving the room and/or facility.
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- Pre-registration required for each class
 - Patrons must check-in at Main Desk and obtain the respective wristband prior to entering classroom.
 - All participants must follow the designated pathways to enter the facility, and must check in at the main desk prior to entering the Aerobics/Dance Rooms.
 - Classes are allotted accordingly according to square feet.

Additional requirements for CHRC Instructors:

- Instructors must wear masks at all times except for when they are actively leading a class.
- Instructors are to ensure that only pre-registered patrons, who have also obtained the respective wristband from the main desk, are participating in their classes.
- Instructors are also expected to be on-site 15 minutes prior to and 15 minutes following their classes, as to help with crowd control, sanitizing of equipment, etc.