



**KPIT CARDIO ROOM & WEIGHT ROOM
REOPENING BY APPOINTMENT ONLY
EVERY DAY 8:00 A.M. TO 6:00 P.M.
(UPDATED OCTOBER 9, 2020)**

FITNESS CENTER RULES

- **45 MINUTE WORKOUT SESSIONS BY APPOINTMENT ONLY.**
- **WHILE IN THE CLUBHOUSE, MUST WEAR MASKS AT ALL TIMES. IF YOU ARE UNABLE TO WEAR A MASK DUE TO HEALTH REASONS WE ASK THAT YOU REFRAIN FROM EXERCISE AT KPIT AT THIS TIME.**
- **MUST BRING DOCTOR'S NOTE FROM PAST 3 MONTHS APPROVING EXERCISE AND SIGN KPIT RELEASE WAIVER AT FIRST APPOINTMENT.**
- **APPOINTMENTS MUST BE MADE WITHIN 24 HRS. IN ADVANCE. ONLY ONE APPOINTMENT MAY BE REQUESTED PER DAY.**
- **MUST BRING OWN WATER. HAND SANITIZER AND WIPES TO BE USED IN THE CARDIO/WEIGHT ROOMS WILL BE PROVIDED.**
- **MUST PRACTICE SOCIAL DISTANCING, AT LEAST 6 FEET APART.**
- **HAND SANITIZER MUST BE USED BEFORE ENTERING OR EXITING THE FITNESS CENTER. WIPE MACHINES BEFORE AND AFTER USE.**
- **LOCKER ROOMS WILL NOT BE OPEN – ONLY HALLWAY BATHROOMS ARE IN USE.**
- **NO OUTSIDE WEIGHTS OR ACCESSORIES PERMITTED AT THIS TIME.**
- **ANYONE SHOWING SIGNS OF BEING SICK WILL BE ASKED TO LEAVE. ANYONE NOT LISTENING TO ATTENDANT, OR NOT FOLLOWING RULES, WILL BE ASKED TO LEAVE.**

**FITNESS CENTER MAY CLOSE WITHOUT NOTICE
IF RULES ARE NOT ADHERED TO,
OR IN ACCORDANCE WITH SAFETY GUIDELINES.**