Limited Re-Opening of the Fitness Center at Health Fit

The Fitness Center will re-open in a limited capacity

Hours for public and CMH employees are as follows:

**Monday – Friday 6am – 8am**

**Monday – Friday 5:30pm – 8:30pm**

**Saturdays 7am – 12pm**

* **Everyone** will have to complete new membership and agreement forms, includes employees
* Forms will be available at cmhosp.com or at Health Fit fitness center desk
* The above hours are strict – you will need to have your workout complete by the end of the time frame so please plan accordingly
* Please do not arrive earlier than listed as you will not be allowed to wait in the building until the Fitness Center opens
* Please do not come to the Fitness Center if you are experiencing COVID symptoms, have had a recent exposure or been around someone who is COVID positive
* An attendant will take your temperature prior to working out
* You must clean every piece of equipment you are using – including free weights
* Please maintain social distancing by placing one piece of equipment between each member
* After your work out, no lingering or gathering in the halls will be permitted
* SHOWERS WILL NOT BE AVAILABLE – this is an ODH COVID regulation
* Silver Sneaker members are welcome but we will not have Silver Sneaker classes at this time
* If you had an existing membership prior to COVID with days remaining, we will adjust your membership to reflect those days
* Personal Training will not be available
* Aerobic classes will not be available
* There will be a discounted price per month due to restricted hours
* Guest passes will not be available for purchase at this time
* If you have a Health Fit key tag, please bring that to swipe in for your workout
* Please respect all guidelines as we are trying our best to have the safest environment for our patients, staff and members

**I have read the temporary guidelines. I agree to adhere to these guidelines until further notice. I am aware that my membership could be revoked if the guidelines are not followed.**

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 **Member / Employee Signature Date**