Dear Fitness Center Members,

Beginning onMay 3, 2021, we will move into Phase 3 of our reopening.

Hours of Operation

Monday-Friday: 5:30am-8:00pm

Saturday: 8:00am-4:00pm

Check-in

* All members will need to sanitize your hands after entering the building.
* If you have had any of the symptoms in the past 24 hours-fever of 100.4 or higher, cough, chills, headache, shortness of breath, sore throat, new loss of taste or smell, muscle pain-we ask that you please stay home for the health and safety of our DBC family.

While in Facility

* We ask that you wear a mask while not actively working out in the facility.
* Please sanitize the equipment before and after each use. Signs are posted to encourage this.
* Please maintain social distance while in the facility.

Group Fitness

* The Group Fitness Schedule is located on the [website](https://www.dbc.org/fitness/). Classes will be added back over time.
* Classes will be held in the basketball gym, outside or group fitness studios.

Pool

* One member or family per lane at a time. Please call ahead to confirm a lane is available.
* The pool will be closed during the Aqua Aerobics class times. Those class times are Monday and Wednesday at 10:00am.

Locker Rooms

* A mask is required at all times while in the locker room unless utilizing the shower.
* The sauna and whirlpool are open. Please call ahead to reserve a time.
* Please limit your amount of time in the locker rooms.

Remember to Bring

* Face Mask
* Towel
* Water Fountains are bottle fill only

Please note, all communication is being posted on our [website](https://www.dbc.org/fitness/). Please check often for new updates.

Be Well,

Kyle Roberts