

## **Fitness Phase Three**

### **Facility Hours:**

- Mon-Thurs: 5am-8pm
- Fri: 5am – 6pm
- Sat: 7am-3pm
- Sunday: **Closed**

### **Member Rules and Regulations**

- All fitness members should enter through the front doors and screen at the front desk.
- A face covering is required inside the building at all times. Both nose and mouth should be covered.
- Wipe down all equipment after use.
- Maintain social distancing to ensure 10 feet of physical distance.

### **Areas to Remain Closed:**

- Racquetball
- Medical Fitness(except for current patients)
- Saunas, steamroom, spa
- Functional Fitness Studio (for personal training use only)
- Locker rooms (Locker room use permitted for Augusta Health Team members only)
- No water fountains. Must bring own water bottle.

### **Aquatics**

Therapy Pool and Fitness pool open by reservation only. Limit 3 reservations per week for 45 min. A face covering must be worn to and from the pool. It can only be removed in the water. Please enter via the hallway and not through the locker rooms. Please call the front desk to schedule a reservation at 332-5433.

### **Group Fitness:**

Group Fitness classes are offered outdoors, indoors or virtually. Each class has a limit for number of participants and face coverings are required for indoor classes. You must sign-up for a class in advance. Please contact [chobson@augustahealth.com](mailto:chobson@augustahealth.com) with any questions.

### **Tennis:**

Tennis play will be available indoor and outdoor. Please contact [Creed@augustahealth.com](mailto:Creed@augustahealth.com) for full rules and to reserve a court.

