



Policies & Procedures

These policies and procedures are put in place for the safety and health of all our members and staff and to follow state guidelines. While this might be our new “normal” for some time, we ask for everyone’s cooperation as our staff adapts to these new procedures. We ask that everyone remember to be patient and kind while in the gym. We will come back stronger together!

Gym Capacity

- Capacity has been set by the state at 25%. Please sign up for a time slot using our website. This will help us monitor gym capacity and avoid turning members away at the door. Please see our website for directions.
- Time slots to enter the gym will be 90 minutes long. After the 90 minutes, you must exit the gym, as we will be closed for 30 minutes to disinfect the gym.
- Members are only allowed one 90 minute workout per day.

Check-In Process

- Members presenting any symptoms of COVID-19 will not be permitted in the club.
- **Masks are required at all times in the building- this is state mandated.**
- Members will not be granted entry until the time slot begins.
- Only drawstring bags and anything smaller in size will be permitted inside the club. Anything larger than that must be left in your vehicle.
- Upon entry members will have their temperature. A member with a temperature reading above 100.0 will be denied entry to the club. You will be required to sign a waiver, and your name, number and temperature will be logged.
- Members will then proceed to the touch-less scanner to scan their key tag. If your key tag is not present, you must show your ID (NO exceptions).
- Please follow all marked signage for entering, using, and exiting the club.
- Staff will not hold keys or personal items behind the front desk. Employees will not be permitted to handle any personal items.
- Your workout ends at the designated time, regardless of when you arrive. If late for your registered time slot, your 90 minute gym time does not begin upon arrival.



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Point of Sale & Drinks

- We will only be accepting credit/debit card (this includes your card on file) payments until further notice.
- Drinks and snacks will be available for purchase from behind the desk, ONLY.

Cleaning and Sanitation

- At the end of each 90 minute time slot the gym will shut down for 30 minutes so the gym can be cleaned.
- Quest will shut down from 1:30-3:30pm during the week and 12:30-2:30pm on Saturday and Sunday for a deep clean of the club. Deep cleanings will also take place after we close each day.
- The staff will be adhering to CDC, state and local guidelines.

We ask members to do the following while in the gym:

- Required to sanitize hands after checking in the club.
- All members are required to clean equipment before and after use with provided wipes.
- Members are encouraged to wash hands frequently and avoid touching their face.
- **Masks are required at all times in the building- this is state mandated.**
- Please adhere to social distancing while inside the club.
- Please avoid sharing equipment with friends and other members and utilizing more than one piece of equipment at a time to avoid unintentional contact with others.
- Please EXIT the club through the front doors and check out with the front desk staff. The back and side doors should never be used by members for the safety of the club. With capacity restrictions, following this rule will be more important now than ever.



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Amenity Guidelines

- **Locker Rooms** - The changing rooms, lockers, showers, and steam rooms will be closed until further notice. Please avoid bringing bags and personal belongings into the club as much as possible.
- **Classes**- Classes will be held outside until further notice. Please check our website for the schedule.
- **Towels**- Towel service at this time is suspended per state mandate. Please bring your own personal towel. Personal towels will be for sale at the front desk.
- **Guest Privileges**- VIP guest privileges are suspended at this time. No member will be allowed to enter with a guest.
- **Shake Bar**- The shake bar is closed temporarily.
- **Personal Training** - We will be setting up a personal training section in the club. Please see our Fitness Director, Nate Tubach, for more details.
- **Water Fountains**- All water fountains will be closed.

Equipment

- Equipment will be spaced out 6 feet apart.
- The equipment not able to be spaced apart, such as the cardio section, will be blocked off.
- Mats, foam rollers or bands will not be available at this time. Please bring your own if you choose. We will have equipment for sale at the front desk.



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Modified Hours of Operations

Monday- Friday 6:00am-9:00pm

(comprised of seven, 90 minute time slots)

Saturday & Sunday 7:00am-6:00pm

(comprised of five, 90 minute time slots)

These guidelines are subject to change at any time. All guidelines will be evaluated weekly and will continue to follow the recommendations of the State legislature as well as County Public Health Guidelines. Please be sure to stay updated with us via our website, all social media platforms, and in the club for continued updates during our reopen and beyond.

We thank you for your cooperation!