

AFRC Reopening Plan - Phase 1

Hours of Operation

Monday - Friday, 7am-7pm

Start Time	End Time	Description		Start Time	End Time	Description
7:00 AM	7:30 AM	Staff Prep		1:30 PM	2:30 PM	1-Hr Workout
7:30 AM	8:30 AM	1-Hr Workout		2:30 PM	3:00 PM	30-Min Clean
8:30 AM	9:00 AM	30-Min Clean		3:00 PM	4:00 PM	1-Hr Workout
9:00 AM	10:00 AM	1-Hr Workout		4:00 PM	4:30 PM	30-Min Clean
10:00 AM	10:30 AM	30-Min Clean		4:30 PM	5:30 PM	1-Hr Workout
10:30 AM	11:30 AM	1-Hr Workout		5:30 PM	6:00 PM	30-Min Clean
11:30 AM	12:00 PM	30-Min Clean		6:00 PM	7:00 PM	1-Hr Workout
12:00 PM	1:00 PM	1-Hr Workout		7:00 PM	7:30 PM	30-Min Clean
1:00 PM	1:30 PM	30-Min Clean				

Equipment Layout

https://docs.google.com/presentation/d/1_QH9dTZQHpWZWIHbh5qtlrfdBvAKywivFFyes4uV6uk/edit?usp=sharing

Individual Workouts on Cardio Equipment/Weight Machines (stations)

Multi-Purpose Gym/Capacity: 20 users

- 7 Ellipticals
- 7 Cybex weight machines
- 3 Recumbent bikes
- 1 Spin Bike
- 1 Roman Chair
- 1 Rowing machine

Cardio Room/Capacity: 7 users

- 5 Treadmills
- 1 Stair climber
- 1 Cybex machine

Fitness Room/Capacity: 3

- 1 Smith machine, bench, and plate weights (users will be required to wipe down all plates used)
- 1 Curl bar, adjustable bench, and plate weights (users will be required to wipe down all plates used)
- 1 Spin Bike

Important Information

Please stay home if sick. Upon entry, users will be asked a few health screening questions.

Masks are required when inside the Recreation Center. They should not be removed at any time. If users remove their mask, they will be asked to comply with the current mask order or leave the facility.

Only individual workouts are available at this time. Group fitness classes are currently available online and/or outside. Please request information if interested. Total Capacity is 30 (including all three spaces- MP Gym, Cardio Room, and Fitness Room). All equipment is spaced at least 10 feet apart (on center of machine).

All guests must check-in at the front desk. At the front desk, a space will be designated for transactions and another for member check-in and spray bottle distribution.

Waivers are required when purchasing a new membership or renewing one. Waivers are also required for single day pass use.

Restrooms are open, but locker rooms and showers are not available. A water bottle filling station is available, but water fountains are not.

Maintain 10-foot physical distancing in exercise areas.

Hand-sanitizer will be provided throughout the facility.

Only enter the building shortly before your scheduled workout time and exit promptly afterward. Congregating before or after workouts will not be allowed.

Reservations for workouts are required and can be made online or by phone. Drop-In workouts are not available at this time. Users may only book 3 workouts per week, Monday-Friday.

Please mind the posted signage regarding policies, room capacities, and other important messages (that may be specific to a piece of equipment).

During the 30-minute cleaning sessions, the front doors will be locked to prevent any unauthorized entries and 2-3 staff will wipe down all equipment.

Users should only exercise on one piece of equipment at a time. After using equipment, guests will be required to wipe it down before moving to the next. Users will be provided with a spray bottle and a clean towel to disinfect their equipment before/after use. The spray bottle and rag should be returned to the front desk post-workout.

All staff will wear masks, will undergo health screening prior to the start of their shift, will frequently wash or sanitize their hands, and wipe down equipment between workout sessions.

Staff will adhere to all current local and state health guidelines and may adjust as policies as needed.