



CLUB HOURS:

**MONDAY - FRIDAY 3:45AM TO 11:00PM
SATURDAY - SUNDAY 6:45AM TO 8:00PM**

UPDATED FRIDAY, AUGUST 28TH, 2020

RE-OPENING INFORMATION (SUBJECT TO CHANGE AT ANY TIME)

HERE'S WHAT WE ARE DOING TO HELP WITH YOUR HEALTH & WELLNESS:

- **BEST PRACTICES TO HELP PROTECT YOURSELF & OTHERS, please do not come to Club USA if you or someone in your household are not feeling well. "Sweating it out" by exercising, sauna or spa is not safe for yourself or others. Please follow self-isolation guidelines as set forth by the CDC.**
- **The CDC advises washing hands, avoiding close contact with others, and cleaning and disinfecting surfaces. Practice social distancing by keeping 6-feet away from members of other households.**
- **Allow 6-feet distance when checking in at the Front Desk.**
- **Back entrance is temporarily closed. Please use front entrance and exit doors.**
- **Please cover your mouth and nose with a tissue or your sleeve, not with your hands, when coughing or sneezing.**
- **Club USA has 140 machines, cardio & lifting available for upstairs use & 36 machines, cardio & lifting, downstairs. TRIBE area will be 13 participants max. Upstairs max, based on equipment layout, allows 168, including track. Downstairs allows for 36 participants. Both are below the State's 25% statement.**
- **Wipe down machines before and after use. Wipes and sprays are located throughout the facility.**
- **Club USA has "quarantined" specific exercise equipment and will limit number of available sinks & Men's showers to create distance.**
- **Kids Club is now OPEN! At this time, we will allow 11 children in the Nursery and 30 children in Action Fitness. One visit per day for 1 hour 15 minutes max. No reservations necessary. Parents are encouraged to call ahead of time to check the total numbers of participants currently checked**

in (303-979-7772 ext. 118). Anyone 11 years and older is required to wear a mask/face covering. Current hours:

**Monday – Thursday 7:45 am to 1:30 pm
4:00 pm to 8:00 pm**

**Friday 7:45 am to 1:30 pm
4:00 pm to 6:00 pm**

Saturday 8:00 am to Noon

Sunday 9:00 am to Noon

- Club USA has established distance indicators on the floor in the Group X Studio, Yoga Studio, Dance Studio and TRIBE Studio to maintain safe “exercise” distancing.
- Reservations for classes must be made on the Club USA portal (www.clubusa.net) or on the Club USA app (My Club USA Fitness in the app store). An email address will need to be associated to your membership account to be able to log on. Please contact the business office at 303-979-7772 if you need to update your email address.
- Classes will be limited in size & number of participants per studio.
- Swimming Pool will be open for lap swimming and classes when offered.
- **Steam Room & Sauna will be closed until further notice.**
- Hot Tubs will allow no more than 3 members in at once – each member is asked to sit in each corner of the hot tub.
- HydroMassage will be offered as normal. Beds have been placed 6-feet apart to accommodate distancing. All HydroMassage beds will be closed daily for disinfecting. 8:00 am – 8:15 am & 3:00 pm – 3:15 pm.
- Members and guests are encouraged to bring and use their own mats and stretching tools to minimize contact.
- Please come in workout attire to limit locker room usage and showers. Club USA has closed off a series of lockers and showers to promote physical distancing and reduce gatherings in restrooms, showers and locker rooms. We understand there aren't many lockers available for use. Again, this is temporary. Please arrive in workout attire.

- Please be respectful and expedient with all equipment usage. Please do not rest on equipment. Please wipe all equipment, before & after.
- Please respect others and allow space between weightlifting equipment. Similar equipment can be found on both 1st & 2nd floors.
- Sharing of equipment is discouraged.
- Club USA has added more hand sanitizers & wipe stations around the facility, as well as additional spray bottles with disinfectant and red towels to use for sanitizing machines.
- Machines will be closed at various times to allow proper maintenance and disinfecting to occur. Cleaning schedules are posted throughout the facility.
- Upon Club USA's discretion for everyone's welfare, temperature equipment may be used to gage the wellbeing of all staff & members.
- Please use caution and personal judgement when returning to strenuous physical activity.
- We must adhere to all state and local guidelines. On 7/16/2020, Governor Polis announced a change to Colorado state public health guidelines, mandating face coverings to worn at all times while inside gyms. The order is effective now until the further notice.
- Club USA employees will wear face coverings at all times.

Please do your part and think of yourself as well as others. Refer to the CDC website for best practices to keep you and your family safe. We ask that you use your best judgment and be aware that you are engaging in physical activity at your own risk. We are excited to welcome you back and look forward to helping you reintegrate Club USA into your life, as move forward in 2020.

Thank you for your continued support,

Management & Staff

