



REOPENING PROTOCOL

Dear valued Fit Pro MKE member:

I want to start by wishing you and your family continued health and safety during this time. The last 60+ days have proven to be among the most challenging of times for us all, and I want to thank you for being such a valuable part of the Fit Pro family.

With that being said, I am excited that the time to reopen the doors of the gym is coming very soon. And while the threat of the virus is still very real, it is our 100% intention to ensure you, the member/client, that every effort will be made to make the reopening of Fit Pro MKE a safe and successful one.

The following pages detail the new protocol for Fit Pro MKE for both training clients and members who are working out on their own. The Reopening Protocol will be a requirement to all parties involved and is subject to change in response to future government mandates.

Before working out at the gym after its reopening, members are required to **read and sign the COVID-19 Release of Liability Waiver**. This will be sent to each member via text and can be signed and submitted over the phone as well. Tenants of the Wintrust building will receive this form over email and will need to sign and email to me before they can re-enter the gym.

I want to again thank and welcome you back to Fit Pro MKE! Let's work together to keep this gym going strong with your hard work and dedication, while at the same time minimizing the increase of the virus. If we work together in a responsible manner, I have no doubt in my mind we can do this.

Can't wait to see you all back in the gym,
Nick Holtzman
Owner, Fit Pro MKE

ENTERING THE GYM (IMMEDIATELY FOLLOWING THE ELEVATOR):

- First things first: if you are exhibiting any symptoms such as fever, headache, a cough, or a sore throat, please do not enter the gym. While you may think that it is mild and you can work through it, given these times please do not put the gym and its members/trainers at risk.
- There will be a hand sanitizer dispenser as soon as you exit the elevator. Please sanitize your hands immediately upon exit of the elevator.
- You are required to bring your gym shoes separate from the shoes you are wearing entering the building/elevator. The shoes you are wearing following the elevator must be either left on the hallway rug outside the elevator or carried with you in your gym bag as you enter the gym area (beginning on the turf hallway leading to the weight room entrance). Please do not walk into the gym area with outside shoes, and do not place them on the locker room floor.
- Please use a disinfecting wipe outside the elevator to wipe down the bottom of your gym shoes prior to entering the hallway.
- Please bring a towel from home (preferred) or grab a large or small towel prior to entering the hallway towards the gym. These will be available prior to entering the hallway. Please use this towel at all times throughout your workout to cover your mat, bench, seat, or any other equipment you will be laying or sitting on.
- There will be disposable masks available if you would like to wear a mask during your training session/workout. This is optional; please only take one.

NOTE: There will be a sign posted outside the elevator detailing all these instructions.

ENTERING THE WEIGHT ROOM/LOCKER ROOM AREA:

*Fit Pro MKE will be doing its part to maintain the recommended 6 feet distance, so for the time being we will be moving one of the treadmills into the studio to create more space between the treadmill and the elliptical machine. In addition, we will be moving the upright bike into the workout area outside of the weight room to create more space between the row machine and the spin bike.

- Our intention is to minimize any/all touching within the weight room area, so please use your towel for things such as opening the bathroom/locker room.
- In addition, we are highly recommending you bring your own full water bottle from home to minimize touching of the drinking stations. If you must use the water/drinking stations, please use your towel or tissue to touch the water dispenser.
- For the time being, we are going to discourage touching the mounted iPad to change the music on the Sonos speakers. We encourage you to bring your own earbuds or if you want to change the music on the iPad/Sonos speakers, simply download the Sonos app on your phone and sync it with the speakers at the gym. You will then be able to change the music on the speakers from your phone.
- For the time being, please avoid handling the remote controls to change the TV channels. If you must do it, please use a towel to handle it or immediately use a disinfectant wipe on the remote after use.
- There will be extra hand sanitizer, disinfectant wipes, spray bottles, and rags throughout the gym. If you are using or touching anything, please wipe down immediately after touching.

- Locker room/bathroom: we understand that sometimes you must use our shower facilities. There will be disinfectant wipes in the bathroom/locker rooms. Please be sure to wipe down any surfaces or objects that you touch. Please be sure to wash your hands with soap and water before leaving.

WORKOUTS/TRAINING PROTOCOL:

- There will be a 10-person limit in the entire Fit Pro MKE workout area. This includes the weight room, hallway, and studio. Preference will be given to clients who are working out with their trainers. If a member shows up to workout but it has reached the 10-person limit, he/she will need to wait in the hallway outside the elevator until someone leaves.
- All Fit Pro trainers will be required to communicate among each other to make sure the 10-person limit rule is enforced while still accommodating their clients.
- All Fit Pro trainers will be required to wear masks during their scheduled training sessions. Clients are not required to wear masks.
- **STAY IN PLACE PROTOCOL:** All trainers/clients will be required to workout using the Stay in Place protocol. Rather than circuit style training using multiple spaces within the gym, members & clients/trainers will be required to stay within a designated area of at least 6 feet from each other. Please grab only the equipment you plan to use for your workout, secure your workout spot, and immediately wipe down your equipment with the disinfectant wipes after use/putting away. Trainers will be required to clean equipment used immediately after the client is done using it.

- **CONTACT:** Clients and trainers are required to limit/eliminate any kind of contact to each other. This includes spotting, manual stretching, high fives, etc. Manual stretching was a big part of our training session but for the time being will have to be done as guided instruction to the client. The workouts will be designed with these guidelines in mind.
- **USE TOWELS-** Members/clients will be required to use a large towel either brought from home (encouraged) or provided at the entrance of the hallway to completely cover the mat or bench they are using. Please wipe down the mat with the disinfecting wipes or the cleaning spray/rags following use as well. Please put towel into the provided laundry baskets following all use.
- The trainers will be instructed to make sure all cleaning protocols are followed.

ONLINE OPTION: The Fit Pro MKE crew will continue to offer their training virtual and online. If you are not yet comfortable returning to the gym or prefer the online training option, we are happy to continue to offer this as well. We have found the online training option to be just as effective, and in some ways more convenient to our clients than the in-person training option so we will happily continue to offer this.

NOTE: These guidelines may change at any time due to the many variables that are likely to occur over the next several months. We will continue to communicate any, and all changes that occur over time. Please do not hesitate to reach out to me at Nick@FitProMilwaukee.com or at 414-520-2803 for questions or feedback.

We are all in this together and are very proud to be able to offer you one of the greatest gifts out there, fitness. And while we understand the risks that businesses & gyms face with their re-openings, we also know that if we follow every protocol according to the guidelines we will be keeping our community safe and still spreading the gift of health and fitness.

Thank you for your continued support and we cannot wait to see you back in the gym!

Nick Holtzman
Owner, Fit Pro MKE
414-520-2803
Nick@FitProMilwaukee.com
www.FitProMilwaukee.com