

CHI SOCIAL DISTANCE PLAN

- Addressing the need of not ONLY the required distance, but more (15ft) at The Center. By providing the social distancing that exceeds regulations we are addressing the needs of the health system and making us industry leaders. [CLICK HERE](#) to read the study of providing 15ft when exercising
- Priorities – Fitness Floors • Member Services • Group Exercise • Lobby/Juice Bar • Gymnasium • Locker Rooms • Aquatics • Massage • Personal Training
- The Center will be reducing the amount of equipment in our areas due to social distancing guidelines
 - This will be accomplished with the use of:
 - Limited number of individuals in areas of The Center: Fitness Floors, Free Weight Area, Group Fitness Studio, Gymnasium, Aquatics, Locker Rooms
 - Every other piece of equipment/equipment rotation days (if needed)
 - Utilizing other Spaces:
 - Utilizing Gymnasium as an addition exercise area
 - Utilizing Track as an additional exercise area
 - Continue to offer Virtual Group Fitness Classes / Outdoor Classes
 - Virtual Personal Training
- Cardiac & Outpatient Rehab access ONLY to Lower Fitness area M-F 7a-5p

