

Keep Our Community Safe!



Practice good hygiene



Stop hand shakes and use **non-contact greeting methods**



Use **hand-sanitizer provided upon entry.**



Disinfect all surfaces BEFORE AND AFTER USE.



Avoid touching your face and cover your coughs and sneezes



Help us increase ventilation by opening all doors (weather permitting).

Please adhere to the following:

Maintain **6 foot social distance** at all times

No more than 10 people at a single time

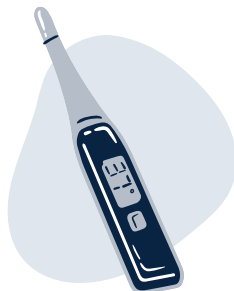
Appointments must be scheduled prior to arrival.

Stay in your workout station- unless changing out weights or equipment.

Coaches are here for support and safety but will practice social distancing at all times.

Stay home if...

- You are **feeling sick**
- You have a **sick family member** at home



Take care of your emotional and mental well-being

Outbreaks are a stressful and anxious time for everyone. We're here to support you! Reach out to info@townstength.com anytime.