



# PHASE TWO

## QUICK REFERENCE

## GENERAL

<b>Club Hours</b>	<p><b>Regular Hours</b>  Monday-Friday 5:00 A.M. - 9:00 P.M.  Saturday-Sunday 7:00 A.M. - 8:00 P.M.</p>
<b>Administrative Office Hours</b>	<p>Monday-Friday 8:00 A.M. - 5:00 P.M.</p>
<b>Membership and Guests</b>	<p>New Members are welcome to join.  We are not accepting Guests at this time.</p>

## SAFETY

<b>Positive COVID-19 Diagnosis</b>	<p>Call the Club Manager or notify us through the Contact Form on our website</p>
<b>Check In</b>	<p>Required, entry to Club at Back Desk only</p>
<b>Spacing</b>	<p>Follow social distancing guidelines at ALL times (6ft apart)  Adhere to all posted room occupancy guidelines</p>
<b>Cleaning</b>	<p>Thoroughly clean all equipment with disinfectant wipes before and immediately after use</p>
<b>Member Recommendations</b>	<p>Effective July 24, face coverings are required at all times. Exceptions include:</p> <ol style="list-style-type: none"> <li>1. Children 5 years and younger</li> <li>2. Members with a disability or medical condition that prevents them from wearing a face covering</li> </ol> <p>Members encouraged to bring their own water bottle</p> <p>Members encouraged to wash hands thoroughly and/or use hand sanitizer immediately before and after gym session</p> <p>Members exhibiting symptoms of illness encouraged to immediately leave the facility and not return until at least 72 hours after symptoms have resolved without medication</p>

# YOUTH

KidStop	Closed
Youth Programs	Open. Please visit our website at <a href="http://downtownac.com/youth-programs">downtownac.com/youth-programs</a> for more information

# AREAS

Parking Garage Entrance (Skybridge)	Main entrance
Front Entrance	Exit only
Jucie Bar	Closed, drip coffee and prepacked food options at Back Desk
Lobby	Sitting areas limited to 1 person or 1 household
Pro Shop	Open
Locker Rooms	Open including showers Steam, sauna closed per State mandate
Lap Pool	Open 1 person per lane
Fitness Pool	Open
Spa Pool	Open - 15 minute max per user 1 person or 1 household
Racquetball Courts	Members of the same party can participate in activities together and do not have to stay 6ft apart (otherwise, maintain 6ft distance) Member responsible for wiping down equipment.

Virtual Workout Zone	Available for use Maximum occupancy posted on door Member responsible for sanitizing equipment
Cardio Room	Equipment spaced 6 ft. apart Member responsible for sanitizing equipment
Weight Room	Maintain 6 ft. distance at all times Member responsible for sanitizing equipment
Basketball Court	Members of the same party can participate in activities together and do not have to stay 6ft apart (otherwise, maintain 6ft distance) Member responsible for sanitizing equipment
Spin Studio	Open
Studio 1	Open
Mind & Body Studio	Open
Tribe Team Training	Open Visit <a href="http://downtownac.com/tribe">downtownac.com/tribe</a> for more information
Ax Billy Restaurant and Sports Bar	Closed until further notice
Conference Event Space and Boardroom	By reservation only for groups under 50 Email <a href="mailto:conference@downtownac.com">conference@downtownac.com</a> for more information
<b>ACTIVITIES</b>	
Group Exercise	Open
Tribe	Open

Court Reservations	Available
Personal Training	Available
Basketball	Members of the same party can participate in activities together and do not have to stay 6ft apart (otherwise, maintain 6ft distance) Member responsible for wiping down equipment.
Racquetball	Members of the same party can participate in activities together and do not have to stay 6ft apart (otherwise, maintain 6ft distance) Member responsible for wiping down equipment.
Squash	Members of the same party can participate in activities together and do not have to stay 6ft apart (otherwise, maintain 6ft distance) Member responsible for wiping down equipment.
Open Swim	Available
Parking	All available Parking garage and street parking
<b>AMENITIES</b>	
Towels	Available at Back Desk only. Please request upon entering Club.
Mats	Available Member responsible for sanitizing before and after use
Rental Equipment	Available Member responsible for sanitizing before and after use
Lockers	Available
Laundry Service	Available