

# COVID-19 GUIDELINES

PARADISE FITNESS CITY MAINTAINS AND ENFORCES MEMBERSHIP RULES TO MAKE SURE THAT USING OUR GYM IS A SAFE AND ENJOYABLE EXPERIENCE FOR YOU. AS A MEMBER OR NON-MEMBER YOU OUGHT TO ABIDE BY THEM

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- **MAXIMUM WORKOUT TIME AT THE GYM IS RESTRICTED TO 1 HOUR & 30 MINS (I.E 90MINS) FOR EACH CLIENT.**
- **TREADMIL USE WILL BE RESTRICTED TO 30MINS PER PERSON.**
- **KINDLY AVOID VISITING GYM IF YOUR FEELING ANY SORT OF ILLNESS.**
- **CLIENTS ARE EXPECTED TO BRING THERE OWN PERSONAL BOTTLES, TOWELS, WORKOUT GLOVES.**
- **REMEMBER TO SANITIZE WHEN YOU ENTER AND ALSO FREQUENTLY WHILE YOU WORKOUT.**
- **WITHOUT TOWEL & GLOVES YOU WILL NOT BE ALLOWED TO ACCESS THE GYM FLOOR TO WORKOUT.**
- **PLEASE ASK THE GYM STAFF TO CHECK YOUR TEMPERATURE BEFORE ENTERING THE GYM PREMISES.**
- **PLEASE KEEP ENOUGH DISTANCE BETWEEN YOURSELF & OTHER MEMBERS, AND KINDLY AVOID GATHERING WITHIN THE PREMISES.**
- **GYM STAFF MAY RESTRICT ENTRY AT TIMES TO AVOID OVER CROWDING INSIDE THE GYM.**
- **PLEASE FOLLOW THE INSTRUCTIONS GIVEN BY GYM STAFF TO KEEP YOU AND EVERYONE ELSE SAFE.**

**THANK YOU FOR YOUR CO-OPERATION**

