

Guidelines for use of the Fitness Center at Lake Holiday Country Club: Hours: ?

(Due to Covid-19 concerns we ask that you please limit your workout to 1hour or less.)

1. All users must know that they are fever free before entering the facility.
2. Athletic attire is to be worn during workouts in the center.
3. Absolutely no street shoes are to be worn on any cardio-equipment. (Tennis or Rubber sole Athletic Shoes only).
4. All users must have their own personal towels and sanitary wipes before using any equipment or machines.
5. Users must wipe down equipment and machines before and after use.
6. The 30-minute time limit will be strictly adhered to for all users.

(All users of these facilities should be knowledgeable on the Virginia State guidelines on using gyms and fitness center facilities during this era of the COVID-19 virus pandemic.)