

BODY SHOP FITNESS CENTER

OPERATIONS UPDATE

BE ADVISED: The Body Shop Fitness Center reserves the right to deny the use of the facility to any patron not following the guidelines set forth to maintain health, safety, and sanitary measures for patrons and equipment.

HOURS OF OPERATION Closed Saturdays, Sundays and Holidays

MON-FRI

0500-0630

0700-0830

0900-1030

1100-1230

1300-1430

1500-1630

1700-1830

The Body Shop Fitness Center has new restrictions in an effort to reduce risks associated with COVID-19. Patrons and employee must adhere to the following policies and procedures.

- Active Duty and First Responders are authorized all sessions.
- Patrons must sign in with Name, Phone and Email so staff can inform patrons of any potential exposure to COVID-19.
- **POLICY CHANGE: All patrons must wear face mask while in the Fitness Facilities to include exercising on cardio equipment and weight training. Novelty or non-protective masks, masks with ventilation valves, or face shields are not authorized as a substitute for masks.**
- 15 patrons is the **MAXIMUM CAPACITY** for the Body Shop Fitness Center.
- Locker rooms closed.
- Basketball, racquetball, sauna and steam rooms are closed.
- **Must maintain 6-foot social distance.**
- Patrons are asked to line up outside front doors and wait for staff for entrance.
- Patrons and employees are asked to wash hands frequently.
- **Must wipe down exercise equipment after use.**
- Gym bags will not be allowed in Fitness Center; changing rooms will not be accessible.
- **Water fountains are closed;** please bring your own water bottle.
- Lobby restrooms will be available. Only one person allowed in the restroom at any time.
- Fitness classes and all sports activities are cancelled until further notice.

Body Shop Fitness Center phone number: (703) 806-3100
belvoir.armymwr.com