



Fitness World Mask Policy

We have enjoyed seeing our members and want to make sure that everyone at Fitness World is safe. It is important for all members and guests to feel safe and as club usage is increasing it has become necessary to update our mask policy to wear a mask at all times. Wearing a mask, washing our hands, and maintaining a safe social distance from other people are things that we can all do to minimize risk of exposure and to help stop the spread of COVID-19.

Beginning Wednesday August 26th wearing a mask will be required and enforced at all times.

We understand that it can be uncomfortable to wear a mask while working out but this is the only way that each person in our facility can feel safe. Masks are evolving and there are types of masks that may help you to feel more comfortable. As a reminder, we do offer outdoor classes that do not require the use of wearing a mask to enhance your indoor workout.

Please remember that during this time we are required to see a note from a medical professional directing that exercise is important for your physical or mental health. This note needs to be in writing but can be an email that you show to a Fitness World Employee. We will place notations in your account that the note has been provided, we don't need to have a physical copy.

As an additional reminder, please wash your hands upon entering Fitness World and clean everything you touch before and after use with the provided disinfectant spray. We welcome and encourage everybody to keep one of the spray bottles and a fresh towel with you while exercising. Return the bottle to the front desk for sanitizing by our staff and drop the towel in the bin provided up front. There are also many additional cleaning stations, gym wipes, and paper towel dispensers for your convenience.

Thank you in advance for taking these important steps toward the safety and comfort of all. Please visit our website, www.fitnessworldnc.com, for more information on what we are doing to keep our community safe and the role you can play in this effort.

Fitness World Management