



**Ascension
Genesis**
HEALTH CLUB

Studio Entrance and Exit Guidelines

Studio 1:

- Members are required to sign in and line up outside of the studio (along windows) prior to class while maintaining social distance - please do not congregate outside of the studio door.
- Do not enter the studio until permitted by the instructor.
- Due to cleaning protocols, large gym bags, snow boots, jackets, etc. are not allowed in the studios. Please use the locker room to store all personal items.

- **Before class (once permitted to enter):**
 - Enter the studio through the “Enter Here” door.
 - Members will get your equipment (located along the back wall) while following social distancing guidelines.
 - Place your equipment on a social distancing placeholder.
 - Please clean your equipment and place used gym wipe in the trash container (located in the far corner of the studio).
 - Due to social distancing rules, only two (2) members will be allowed into the equipment closet at a time.
 - Members must enter and exit through designated equipment doors.
 - Due to equipment cleaning protocols, members are only allowed to use 1 set of plates for each barbell during Full Body Pump Class (2 large plates, 2 medium plates, 2 small plates). Please do not take multiple sets of plates due to limited capacity rules.
 - Due to Covid-19 cleaning protocols, members can only set up and replace their own equipment. Saving spots is not allowed.

- **After class:**
 - Members will need to wipe down and clean all equipment.
 - Return equipment to its original location, while following social distancing guidelines.
 - Members will then proceed to “Exit Here” door as quickly as possible and place the used gym wipe in the trash container.



Studio Entrance and Exit Guidelines

Studio 2:

- Members are required to sign in and line up outside of the studio (while still following social distancing guidelines).
- Due to cleaning protocols, large gym bags, snow boots, jackets, etc. are not allowed in the studios. Please use the locker room to store all personal items.
- Do not enter the studio until permitted by the instructor.
- Due to social distancing guidelines, only 2 members are allowed in the equipment storage room at a time.
- **Before class (once permitted to enter):**
 - Enter the studio through the “Enter Here” door.
 - Members will take (1) gym wipe and proceed to gather your mat and place shoes in the storage containers provided.
 - Due to Covid -19 cleaning procedures, shoes are to be placed in provided storage containers while following social distancing guidelines, shoes are not allowed on the mats.
 - Please clean your equipment and place used gym wipe in the trash container while following social distancing guidelines.
- **After class:**
 - Members will take (1) gym wipe and clean mat, remove your shoes from the shoe bin and wipe inside and top of shoe bin, put shoes on.
 - Replace mat and shoe bin to its original designated location, while following social distancing guidelines.
 - Members will then proceed to the “Exit Here” door and place the used gym wipe in the trash container.



Treadmill Class Guidelines:

- Members not participating in Treadmill class must exit the treadmills 15 minutes before class begins.
- Registered members are required to line up in the designated area (social distance markers are placed behind the treadmills near the tile floor).
- Do not step on a treadmill until permitted by the instructor.
- No late arrivals will be allowed once class has started.
- **Before class (once permitted to step on the treadmill):**
 - Members will take (1) gym wipe and clean treadmill and place used gym wipe in the trash container while following social distancing guidelines.
- **After class:**
 - Members will take (1) gym wipe and clean treadmill and place used gym wipe in the trash container while following social distancing guidelines.



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Studio 3:

- Members are required to sign in and line up outside of the studio (along windows) prior to class while maintaining social distance - please do not congregate outside of the studio door.
- Do not enter the studio until permitted by the instructor.
- Due to cleaning protocols, large gym bags, snow boots, jackets, etc. are not allowed in the studios. Please use the locker room to store all personal items.

- **Before class (once permitted to enter):**
 - Enter the studio through the “Enter Here” door.
 - Please clean the bikes and place used gym wipe in the trash container (located in the far corner of the studio).
 - Bikes are to remain in their designated spots.
- **After class:**
 - Members will wipe down and clean all equipment.
 - Members will then proceed to “Exit Here” door and place the used gym wipe in the trash container.