Open Weight Room Guidelines

Please follow these guidelines while inside the facility

- Pre-Register for a 1 or 2 hour block of time (24 hr notice required and 4 people per hour allowed in facility)
- Cost is $15 per month to use the facility
- Check hours on website for availability (standard times M-F from 7 a.m. - 4 p.m.)
- Enter facility through the MIDDLE LEFT front door
- Wash hands upon entering the building in the second bathroom in the main room (keep door open and light on)
- Sign in at the main desk next to lobby (name, date, time of arrival) and sign out (time of departure) when leaving
- Use wipes to sanitize bathroom faucet handles
- Adhere to 6 ft. social distancing at all times
- Face masks are optional for clients
- Utilize personal water bottle and towel and keep both in the front of the building
- Utilize front hooks for coats (try to arrive ready for workout)
- Avoid touching items you are not using in the facility
- Sanitize any item touched during the workout with staff provided cleaning solution and paper towel
- No socializing or lingering before or after sessions
- Wash hands before leaving the building in the second bathroom in the main room
- Exit the building through the MIDDLE RIGHT front door
- Please stay home if:
  - You have been in contact with someone who has tested positive for COVID
  - Your temperature is above 99.7 Fahrenheit
  - You have felt sick or ill in the past 7 days
  - You have a cough or cold

TO RESERVE A TIME SLOT EMAIL: CHRONISTER.ELITE@GMAIL.COM