



Responsible Restart Ohio

Recreation Fitness Center

Usage

What to Expect

Using the Fitness Center

- The fitness center is limited to no more than 12 members at a time.
- Members will be limited to 1 hour time slots to use the fitness center beginning when the facility opens each day. Each one hour slot will be followed by a 15 minute closure to clean the facility and prepare for the next group of members.
- Reserving time slots can be done one of three ways:
 - Online at www.supersaas.com/schedule/sharonvillerec
 - Calling our front desk at 563-2895
 - In person at the front door
 - Members registering at the door will only be permitted inside if the real-time schedule has an open slot.
- Members must be 13 years of age or older to use the fitness center.
- Members must keep a 6 foot social distance at all times. Equipment has been closed and/or moved to allow for this distancing.
- Open equipment includes: 3 treadmills, 3 ellipticals, 3 recumbent bikes, 2 Nu-steps, 1 upright cycle, 1 upright bike, Selectorized strength.
- Free weights and plate loading machines are currently closed.
- Disinfectant gym wipes are available for members to wipe down machines before and after use.
- Machines will be closed temporarily for cleaning after usage using a red card/green card system.
- Personal training is not available at this time.
- Fan usage will be limited based on state guidelines. If a fan is necessary, we will use fans that are away from members.
- Personal item storage (cubbies & coat racks) is not available at this time. Members should limit their belongings that they bring to the Center and are required to keep their belongings near them or with them in a small bag.

Reminders

Using the Fitness Center

- If you feel ill, stay home.
- Bring your membership card.
- Arrive ready for your activity, no locker rooms.
- Bring only essential items into the building with you (wallet, keys, phone, devices). If it cannot fit in a gallon zip lock bag, it should stay in your car.
- Bring your own water bottle.
- Remember to take all items with you. Our lost and founds have been eliminated and we will dispose of all items left in the building.
- Keep 6 feet of space between you and others. Be sure to sanitize your hands frequently while in the facility.
- Gloves are not recommended as our facility will have ample sanitizer which is the CDC's best practice for keeping your hands clean.
- Do not touch your face or eyes.
- Cover your coughs or sneezes.
- In an effort to allow everyone a fair chance at visiting the facility, members can register for one 1-hour spot for the entire week (Monday-Sunday) beginning on Monday & Tuesday of the previous week. Starting on Wednesday of that previous week, members will be allowed to register for any remaining time slots still available for the entire following week (Monday-Sunday). Members are limited to one time slot per day. We appreciate your honesty and patience with this new process.