

CARDIO MASKS

(policy update 7/15/20)

ALL the treadmills, ellipticals, arc trainers, rowers, and bikes have been “cardio distanced” 6 ft apart or more !

While using any of these, if no one is standing within 6 ft of you, you can take your mask off & hang it from your cardio machine.

As soon as you finish, BEFORE you move one step from that machine, put your mask back on over your nose & mouth.

Let's not risk the gyms being shut down again by state or local health officials.

THANK YOU !

