Fitness Facilities Facebook Post for re-opening (disregard this one on the post just the heading)

Great news NSGB community!!!

Both Denich & Camp Bulkeley Fitness Centers will be opening on Thursday, June 25th. We understand it has been a long time without the fitness centers and want to ensure they stay open for the community to use. Both facilities are considered a moderate to high risk, and with that in mind there are restrictions in place to mitigate those risks as much as possible. There is a lot of information so please read this post in its entirety!!!

Operating hours will be 0500-2300 everyday (both facilities)

Denich Fitness Center will be limited to 60 people at one time. Once we hit capacity then it will be one out, one in. Patrons using the facility specifically for our group exercise classes will be excluded from this patron limit.

Camp Bulkeley Fitness Center will be limited to 20 people at one time. Once we hit capacity then it will be one out, one in.

Odd days of each month: will be open to those individuals with their last names starting with A-L

Even days of each month: will be open to those individuals with their last names starting with M-Z

\*\*for those patrons using the facility ONLY for group exercise classes are excluded from this restriction\*\*

All patrons must show valid ID upon entry into the facilities to an MWR staff member

Please adhere to social distancing whenever possible, if we see groups of people forming we will have to break them up

At Denich Fitness Center we will have one entry and one exit point and they both will be at the main front entrance. All other exits will not be authorized unless during an emergency

The basketball courts, family fitness area, showers, max performance pad, saunas are off limits during this time. We have set up cardio equipment in the racquetball courts and group exercise room for patron use.

Towel service, 1,000/500/1,500 lb club, gear issue check out items (foam rollers, belts, bands, etc.), yoga mats, use of spotters and water fountains (except for the water bottle filling station) have all been suspended until further notice. Patrons can bring their own water bottles and towels if they want to.

Patrons are encouraged to keep their workouts to an hour in length out of respect for others, and to do their part in wiping down the machines/equipment after each use. If we all adhere to the above restrictions/regulations then we can continue to keep the fitness facilities open.