



## COVID 19 GYM POLICIES

- Class sizes (75% capacity)
- Mask Upon Entry (recommended)
- We will take everyone's temperatures; Anything over 99.9 will be sent home.
- We will continue to sanitize all our equipment and high traffic surfaces;
- Our waiting area remains CLOSED (no spectators);
- We ask all participants to wash their hands Before and After their workout;
- If athlete or anyone in their home, has been in contact with someone with COVID 19, please refrain from attending Corespeed classes for 10 days;
- If athlete or anyone in their home, has been sick with COVID 19, please refrain from attending Corespeed classes for 14 days/severe cases 20 days.

### **TRAVELING:**

- If you are traveling Out of State, please refrain from attending Corespeed classes for 7 days after your return to Texas.

*We will continue to take the appropriate measures to minimize COVID 19 from reaching our gym doors. We ask that you do the same at home and only attend our gym classes if you are healthy and have limited your travels.*

Thank you!  
Carlos and Sonia Vega