

Covid-19 Policy Highlights:

- **Group Classes:** In-studio classes resume Tuesday July 7th. Virtual classes will continue and run simultaneously with in-studio classes. A waiver is required to participate in all fitness activities. [Click here](#) to register for group classes.
- **In studio classes:** Class size is limited and must be reserved via the Upper Level Fitness Club [web page](#). Registration for in-studio classes will be closed once the limit is reached. **No Exceptions!** However, you can participate via the virtual class. In-studio participants are encouraged to come dressed to workout.
- **No Walk-Ins:** Online registration is required to participate in all classes.
- **Touch-less Payment:** Payment for services must be paid online via the Upper Level Fitness Club web page:
 - [Group training](#)
 - [Buddy training & Personal training](#)
 - [Consulting](#)
- **Face Coverings:** all are required to wear a face-covering (unless they have a medical condition that makes wearing a mask unsafe).
- **Cleaning and Sanitation:** Upper Level Fitness Club will be constantly sanitizing equipment with EPA approved cleaners. We will follow government guidelines, increasing the cleaning frequency of high touch areas. Equipment used in group exercise classes will be cleaned before and after each use. Members should use the supplied wipes and disinfectant before and after using any equipment.
- **Entering Studio:** Upon entering the studio, your temperature will be taken (via forehead thermometer).

Please help us prevent the spread of COVID-19 by staying home if you're feeling sick.

Services will be denied to anyone refusing to adhere to Upper Level Fitness Club policy.