

FLC

FAMILY LEISURE CENTRE

F Fitness Services Guidelines

We are so excited to welcome you back to the FLC! We sure missed everyone. We do have a few guidelines we need our guests to follow in order to keep you and everyone else safe. We thank you so much for your continued support and cooperation.

Under the weather? We're sorry to hear that! We do ask that you do not enter until you have recovered from your symptoms and are feeling completely healthy again.

Maintain a safe distance from others at all times, about the length of a pool noodle is appropriate. Follow instructions on signage and decals throughout the facility, and if you have any questions just ask our staff.

Sanitize hands frequently and wash thoroughly when possible. Check out our bathroom mirrors for some fun songs to make sure you get those vital 20 seconds of scrubbing in!

Avoid unnecessary contact with high-touch surfaces and handrails, door handles and countertops etc. Grab a paper towel, use your elbow, hip check, or a well placed gentle foot push will work just fine in the absence of your hands.

Please be respectful of our staff and adhere to their directives. We know a new way of doing things can be stressful and times, but we are here to keep you safe and support you. We appreciate your understanding and cooperation.

Please arrive at your class time no more than 10 minutes early to avoid crowding.

Dryland change rooms and lockers are inaccessible so come dressed to work out and then head home to clean up after.

Pilates and Yoga mats and straps are difficult to disinfect, where possible please bring your own.

If you have purchased a Safe Pass, there is no need to stop at the Customer Service desk simply head down to the assigned studio or to the fitness kiosk at the bottom of the stairs and the instructor will check you in.

Enjoy your workout!

