

Safety Protocols

Your safety and health remain our top priority, so we are exceeding the guidelines established by the CDC, VDH, and the Commonwealth of Virginia's Phased Guidelines. Here is what you can expect:

1. All HVAC air filters were replaced with HEPA grade filters and the entire ventilation system was cleaned before we reopened in July. We have also installed a natural air purification system, Air PHX, (<https://www.airphxsports.com/>) that helps to kill germs and viruses in the air and on all equipment/spaces continuously.
2. All customer contact surfaces (including fitness equipment, lockers, door handles, etc.) of the club are disinfected on a continuous basis. All TWC employees are required to "clean as you go" as part of their role to ensure everyone's safety.
3. More frequent cleaning and sanitizing - Our cleaning staff performs a more detailed and frequent disinfecting process of surfaces that are more frequently touched throughout the day.
4. All TWC employees wear face masks/face shields and are temperature screened daily before starting their shifts.
5. All personal training and spa appointment clients are temperature checked prior to their appointments. (Temp not to exceed 100.4 F)
6. Social distancing and traffic flow floor directional arrows are placed throughout the facility to ensure safe and smooth travel throughout the club.



THE WOMEN'S CLUB

**We are committed to your health and safety.
Let's stop the spread together!**

Temporary Process Changes

Due to restrictions outlined by the phased reopening guidelines, please note the following temporary changes to our business operations/processes. We commit to continuously review our operations in the months ahead to make your visit a wonderful one:

- The new temporary business hours of operation are: M-F 7 am-8 pm, Sat 8 am-6 pm, and Sun 8 am-noon.
- The Group Ex/Spin rooms have been spaced out to maintain 10 feet of social distance while exercising. Participation in Group Ex classes is limited to 11 people plus the instructor and sign up is required via an online reservation system.
- As an added safety measure, we ask that you bring your own mat for mat-based classes although disinfectant will still be provided.
- All customers are requested to wear a face mask at all times while inside the facility, except when actually exercising.
- It is recommended that you keep all personal items such as keys, key cards, phones, headphones, and jewelry on your person, in a sealed Ziploc bag or pouch. Lockers will be available for your use to temporarily store your items.
- Although we have virucidal Gym Wipes, hand sanitizers, disinfectant spray bottles, and disinfectant wipes available throughout the facility, we encourage you to bring your own personal hand sanitizer and wipes to enhance your safety.
- There will be no water stations or sauna services available at this time. Showers and towels will continue to be available, though it is recommended that you bring your own towel to be on the safe side.
- The Kids Club will remain closed through the end of June.
- All members and visitors are required to sign a Coronavirus waiver" prior to using the facility.

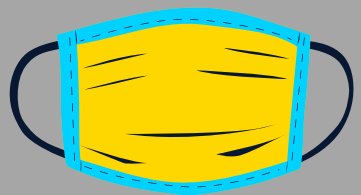
We Need Your Help!



If you have been in contact with a person infected with COVID-19, or have recently visited a high-risk area and are displaying any of these COVID related symptoms, please do not come into the facility and stay at home until you are feeling better.



Wash your hands with soap and water for 20 seconds or more.



Wear a mask or face shield in our common areas when not physically exercising.



Please wipe down your exercise machines, mats, dumbbells, and other equipment after you use them, using the provided Gym Wipes or spray bottles and paper towels.



Practice social distancing by keeping a 6ft distance from others, following the floor directional arrows for efficient traffic flow and the floor stickers to maintain social distancing.