

RE-OPENING QUICK REFERENCE

SUMMER 2020

GENERAL

Club Hours

All clubs open 24/7 through June 28
Beginning June 29, Phase Two schedule begins!
Monday - Friday 4:30 AM to 12:00 AM
Saturday - Sunday 6:30 AM to 12:00 AM

Kid's Court

Limited service begins June 22 for Youth Members only (no drop-ins)
Learn more [HERE](#)

Administrative Office Hours

Please visit our online chat at courthousefit.com between
9:00 AM to 6:00 PM Monday - Friday

Membership & Guest

New Members are welcome to join
Guest of Members are welcome, registration required
New Member appointments available 8 am - 8 pm

SAFETY

Have you had COVID-19?

Contact Member Services at
503.588.2582

Check In

Required

Spacing

Follow social distancing guidelines at ALL times (6ft apart)
Adhere to all posted room occupancy guidelines

Cleaning

Thoroughly clean all equipment before
and immediately after use

Member Recommendations

Members encouraged to bring their own water bottle

Members encouraged to wash hands thoroughly and/or use hand sanitizer
immediately before and after gym session

Members exhibiting symptoms of illness will be asked to immediately leave the
facility and not return until at least 72 hours after symptoms have resolved
with medication

Members at higher risk for severe COVID-19 complications encouraged
to continue to stay home to reduce their risk exposure

Masks

You are NOT required to wear a mask while you are exercising. Please wear one as you enter and exit. It is important to note that individuals do NOT need to wear a face covering if:

- 1) They are under 12 years of age.
- 2) Have a medical condition that makes it hard to breathe when wearing a mask, face shield, or face covering.
- 3) Have a disability that prevents the individual from wearing a mask, face shield, or face covering.

AREAS

Lobby	Follow social distancing guidelines at ALL times (6ft apart)
Pro Shop	Open - Cashless
Locker Rooms	Locker rooms and showers are open - Please maintain proper social distancing
Indoor Pool	Open 1 lap swimmer per lane Please maintain 6 feet between each family unit
Outdoor Pool	Open Please maintain 6 feet between each family unit No lifeguards on duty • No slide
Spa/Sauna/ Steam Rooms	Spa open to one family unit at a time Sauna/Steam Room closed per state mandate
Cardio Room	Available - Practice social distancing of 6ft
Weight Room	Open - Follow social distancing guidelines at ALL times

ACTIVITIES

Group Exercise Group classes are available. Check online schedule for more information

**Personal
Training**

Reservation required - www.courthousefit.com/account

Recovery

Open - Follow social distancing guidelines at ALL times

Basketball

No games allowed
Only available for individual skill development

**Racquetball/
Squash/Pickleball**

Available

STAY SAFE & HEALTHY