

Welcome back to the Wellness Centre

Capacity: 35 people



Use hand sanitizer upon entry and exit.



Take **1 spray bottle & 1 cloth** to clean ALL equipment used during your workout.



Cardio Equipment limited to **30 minutes**.

Equipment has been placed to maintain physical distancing (2m/6f):

- ✔ Use red dots to maintain spacing
- ✔ Do not move or relocate equipment
- ✔ Heavy equipment is not allowed in stretching area

Paper copies of Wellness Program Designs are unavailable at this time. Speak to a Fitness Specialist for more information.

Thank you for your patience as we begin to reopen