

Dear Valued and Loved FMC Members,

THE FMC is **OPEN** and ready for you to come workout.

Our hours are **MONDAY thru FRIDAY 5am-7pm, SATURDAY 7am-1pm, and CLOSED Sunday.**

**Before You Leave:**

- Stay Home if you do not feel well.
- CDC and state guidelines encourage seniors and other vulnerable populations to stay home. **However, we do not have any age restrictions in place for seniors using the FMC.**
- Bring a towel, water bottle (only self service water fountains are available) and we recommend members wear a mask but do not require one while in the building.

The FMC staff wants you to know we will be providing the safest and cleanest facility possible for you to exercise in.

**This Includes:**

- Screening all employees prior to them coming to work.
- Staff will be wearing mask.
- Increased cleaning and sanitizing of all areas.
- Additional hand sanitizing stations have been placed throughout facility.
- Providing a towel and disinfectant spray bottle for individual use. As well as disinfectant wipes in other areas.
- Reconfiguration of certain areas to improve social distancing and minimize unavailable equipment.
- On first visit expect a brief orientation/review of new policies and facility changes.

Due to specific fitness facility guidelines as stated in the Tennessee Pledge there will be several modifications or limitations that will be in place.

**What to Expect:**

- Modified entry and check in process with hand sanitizer station, member screening, and touchless check in. Please have app open, key card available, or driver's license ready.
- Provide hand sanitizer to use upon entering and exiting the FMC.
- **NO GUEST PASSES** are being issued at this time.
- Accepting only credit card or check transactions. No cash payments please UNLESS exact cash is available.
- **BOTH Play Areas are CLOSED**
- **Basketball courts, ping pong tables, and pool tables are still CLOSED.**
- Limited capacities and restrictions will be in place for all areas to accommodate social distancing guidelines.
- No circuit training, super setting, and please limit partner workouts or sharing of equipment with other members not part of your household.
- We will have group fitness classes but on a limited basis. Please check the app or website for the class schedule.

Lastly, as a result of being closed for April and May we have extended everyone's renewal month by two months. For example, if you had a October 2020 renewal month it will now be December 2020.

If you have any questions or concerns, please reach out to David Meyer at [dmeyer@fbchtn.org](mailto:dmeyer@fbchtn.org). Looking forward to seeing you again when you feel comfortable on returning to the FMC.