

Elite Fitness Studio Reopen Notification



We will reopen our doors at 5:30am on Wednesday, September 2, 2020. On behalf of the entire Elite Fitness Studio Team, welcome back, you were missed! Thank you to all our members who have supported us during the mandated temporary closure imposed by Governor Cuomo to take control of the spread of the COVID-19 virus. The pandemic has forced us all to review, evaluate and make changes to our daily lives.

Elite Fitness Studio has proudly served the Columbia Waterfront District, Carroll Gardens, Cobble Hill, Red Hook and Prospect Heights neighborhoods as a community-based fitness studio, specializing in personal fitness, group fitness classes and personal training for over 17 years. The one constant is our commitment to provide the cleanest and safest facility for our members to maintain their physical fitness regimen. We understand returning to the gym is a personal choice, a choice we hope will be made easier with our increased cleaning, screening, social distancing and contact tracing protocols. Following guidance from the CDC, New York State and New York City Health Departments, below are protocols and procedures we've implemented over the last five and half months:

1. Face masks or face coverings are required at all times.
2. Every member must use their assigned key tag to enter the facility.
3. Everyone must answer COVID-19 screening questions and be temperature checked at the front counter.
4. Everyone must sign the new Elite Fitness Studio COVID-19 Liability Waiver.
5. We will adhere to the required 33% capacity limit at all times.
6. Upon arrival, everyone will be given a personal bottle of antibacterial sanitizer and a blue towel to wipe equipment, machines, weights and contact areas.
7. Spray and wipe equipment with antibacterial solution and a blue towel or disinfectant wipes.
8. Everyone is required to put the blue towel in designated bins placed throughout the facility.
9. Everyone is required to return the personal bottle of antibacterial sanitizer to the front counter prior to leaving the facility.
10. Upon arrival, every person will be offered a clean hand towel for personal use. These towels are not to be used to wipe equipment or contact surfaces. Please put in designated bins located throughout the facility.
11. Maintain 6ft social distance from other members.
12. Do not use equipment with signs designated to ensure 6ft social distance.
13. An Elite Fitness Studio staff member will spray all machines, equipment and contact surfaces with an Emist EPIX360 Electrostatic Disinfectant Sprayer no fewer than twice a day.
14. All machines and equipment will be wiped down by an Elite Fitness staff member no fewer than twice a day or as needed based on usage.
15. A restroom cleaning sign off checklist will be posted in each restroom.
16. A locker room/shower cleaning sign off checklist will be posted in each locker room.
17. Each HVAC system has been fitted with Minimal Efficiency Reporting Values (MERV) 13 filters.
18. The drinking fountain has been disabled. You may purchase bottled water from the front counter or bring your own.

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Personal Protective Equipment (PPE):

- Every person must wear a face mask or face covering while in the facility.
- Elite Fitness Studio Staff must wear a face mask or face covering at all times.
- If you forget your face mask or face covering, you may obtain a new, clean non-surgical mask at the front counter.
- Members are encouraged and welcome to wear any additional PPE of their choosing, i.e. face shields or gloves.

Sanitizer Stations:

- Are located throughout the facility equipped with hand sanitizer, paper towels and antibacterial spray.
- Wherever possible, we have installed contactless hand sanitizer, paper towel and soap dispensers.

Hours of Operation:

- 5:30am to 10:00pm Mondays through Thursdays
- 5:30am to 8:30pm Fridays
- 7:00am to 7:00pm Saturdays and Sundays
- Although we don't have designated senior hours, please note, we have fewer members in the facility before 9:00am and after 7:00pm Monday through Friday.

Classes:

- Until further notice, there will be no in-person classes. We will continue our full complement of online classes free of charge to all members. Our online class schedule is listed on our website http://www.efitstudio.co/class_schedule.html
- Please continue to register for all online classes through the Elite Fitness Studio mobile app or at <http://www.myiclubonline.com>.

Personal Training and Outside Training Clients:

- Personal training clients are by appointment only. Please contact your assigned personal trainer to reserve your time slot.
- All non-member clients must adhere to all Elite Fitness Studio protocols and procedures.

Member Guests:

1. Must present a photo ID
2. Be registered in our membership management system
3. Adhere to all protocols and procedures
4. Sign our COVID-19 and facility liability waivers
5. Answer screening questions and temperature checked

Membership Freezes:

- If you took advantage of our COVID-19 membership freeze, you must unfreeze your membership to regain use of the facility and online classes. Your guaranteed membership rate will resume upon unfreezing your membership.

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We are committed to doing everything within our powers to prevent exposure to COVID-19 and its spread throughout our community. We ask you to do your part as well. If you are not feeling well, please stay home and seek medical attention.

If you see or experience an opportunity for us to service you better, please notify us immediately, call us at 718-596-0006 or email us at staff@efitstudio.co.

Let's Protect Each Other By:

- Wearing a Face mask or Face Covering
- Washing your hands with soap and warm water and/or use an alcohol-based hand sanitizer
- Maintaining 6ft Social Distance

We're All in This Together

