

# Fitness Center Guidelines

7:00am - 7:00pm Daily

1. **The Fitness Center is open to active Spa Members and Registered resort guests at this time ages 16 years and older. Day Guest passes are temporarily paused.**
2. **A reservation is necessary to utilize the gym and the number to call is the spa line 866-384-4596.**
3. Maximum of 10 people shall be allowed in the main fitness room at any one time. Total workout time of 90 minutes as we manage through a reservation list and sanitizing procedure. Maximum of 3 people in the small studio (Leg Equipment Room).
4. **During some of the dates of the PGA Tournament 9/5 - 9/10, the small fitness studio room where the leg equipment is located will not be available and closed for access.**
5. You will have your temperature checked upon arrival and must not have any COVID-19 symptoms or be in contact with anyone that has been for the last 14 days.
6. Please share the workout space with the understanding that you must maintain social distancing at all times. This will require some patience, sense of humor and moments of pause as we navigate through this together.
7. We have prepared for your arrival by sanitizing each piece of equipment. This process is done after the reservation group leaves.
8. During your workout you have access to a spray bottle of a COVID-19 approved disinfectant and a green cleaning towel. Please return those supplies back to the sanitation station upon your departure.
9. You must follow the CDC guidelines and maintain a social distance of 6 feet at all times. If 6 feet distance cannot be maintained a mask must be worn.
10. Signage has been placed at all entrances using the Napa County approved template for social distancing.
11. Fitness attendants will be enforcing social distancing rules, and may be providing you feedback to maintain safety for all guests.
12. **Please stay hydrated by bringing your own water bottle and using the FLO Water dispenser.**
13. One grey fitness towel will be provided for you as you check in.
14. Some of our treadmills have intentionally been taken out of service so that we can maintain the social distancing rules.
15. A stretching location has been established to the social distancing guidelines. Please use that space for no more than 15 minutes to allow other guests to stretch too. You may also go outside to stretch for more privacy.
16. The fitness restrooms will be open for your use and are accessible through the marked side café door. You will need to walk around the building. Why - Because we must keep the double doors locked to successfully control our reservation process. The restrooms are cleaned on a regular basis every two hours.
17. When you are ready to leave the gym please place our grey towels in the used towel bin. Fitness towels are not to leave the spa facility.

**The Spa internal facilities to include: showers, locker rooms, steam rooms, saunas, and indoor Jacuzzis will remain closed until authorized to re-open by Napa County. For that reason - Please do not bring gym bags with you, as there will be no place to store them safely. Signage has been placed at all entrances using the Napa County approved template for social distancing.**