

CITY GYM REOPENING | PHASE III UPDATED PROCEDURES

08/18/20

Phase III Procedures

- Limited hours of operation (continued)
- Masks and social distancing required
- Limited socially distanced, masked indoor classes, outdoor classes, virtual classes (with in-person options)
- Shower access by request only
- No day passes or guests, members only

Hours of Operation

Monday – Friday: 5:00am – 9:00pm

Saturday & Sunday: 7:00am – 5:00pm

Personal Training

Personal Training has resumed, but members must communicate directly with their trainers to schedule training. If you have questions about Personal Training or wish to be matched with a trainer, please reach out to Josh Guffey at josh@citygykc.com.

Indoor Group Fitness Classes

We have begun indoor group fitness classes in a limited capacity. These classes have small numbers of participants and are socially distanced, with masks required at all times. Equipment used in these classes is disinfected between sessions.

Virtual Classes (with in-person options)

We have launched daily virtual classes available to members through our Mindbody membership system. Members must register for the class to receive the live stream link via email. Beginning June 22nd, we will begin opening up very limited in-person spots for these classes. These classes will not include music since they are live-streaming and participants will be required to socially distance.

If you have technical issues with a virtual class, please contact Katie Roder at Katie@citygymkc.com.

Outdoor Bootcamp

Our Be Fit Bootcamp occurs weekly, Monday-Thursday at 5:30am. This is a total body bootcamp and includes equipment. This equipment is disinfected between sessions. Social distancing is enforced during bootcamp and requires that members bring their own towel/mat and bottled water. Members can register for bootcamp one day prior to each class.

We plan to continue Be Fit Bootcamp indefinitely.

Social Distancing/Masking

Masks are required at all times while inside City Gym. We will be practicing social distancing of at least six feet in the facility by closing down certain equipment, monitoring member movements, discouraging loitering, and using directional signage and tape.