

Welcome Back to the Wellness Center!

Member rules:

In order to keep you, our patients, and staff safe,
please follow these rules:

- All members must hand sanitize upon entering the facility.
- All members must wear a mask during exercise (Hegg provides cloth masks if members do not have one of their own. Members are encouraged to bring their own masks if they have one).
- All members must stay socially distanced (6 feet apart).
- All members are encouraged to limit locker room use as much as possible.
- All members must bring a full bottle of water in if they choose to have water during workout.
 - *Members can use our cups/cones for water but may only use one.
- All members must thoroughly wipe down equipment after each use.

*Any members who are not following these
rules will be asked to leave.*

Members must not have any of these symptoms:

Fever

Cough

Shortness of Breath

Headache

Sore Throat

Chills

Fatigue

Malaise or unspecified illness

Loss of taste

Loss of smell

Nausea

Diarrhea

