

The fitness & wellness team is working very hard to provide the superior fitness classes our patrons expect. During this time, we feel it is more important than ever for people to have safe fitness options to stay healthy and active and to fight off the stress of everyday life.

There are many safety precautions being taken to provide a safe, socially distanced and clean environment for fitness pass holders. It is our hope that the information shared below will help you feel more comfortable participating in our programs as we want to continue offering them to the UGA community.

1. **All our classes are set to 10 foot social distancing (from the instructor to the participants and from one participant to another).**
 - a. Rooms have been marked to show socially distanced workout areas.
2. **Caps on class attendance are set to ensure social distancing in each class.**

You can find more info on class participation caps here: https://recsports.uga.edu/uploads/docs/Fall_2020_Attendance_Capacities.pdf.

 - a. Noon time classes have low ratios currently with fewer than 5 participants in most classes.
 - b. Most classes are not reaching attendance caps which allows even more space between patrons.
3. **We clean floors and equipment thoroughly before and after each class.**
4. **Outdoor yoga classes with Ruth are offered on the front lawn for individuals who prefer being outside.** Classes are held Tuesdays/Thursdays at 12:15 p.m. and on Wednesdays at 4:30 p.m.
5. **If you'd like more information on the measures we are taking, you can find all our COVID-19 operational procedures here: https://recsports.uga.edu/content_page/know-before-you-go.**

I am happy to discuss any questions you may have regarding specific classes, using the Advagym app, or if you prefer other fitness offerings such as personal training or even how we can come to you with our group outreach.

Above all, I encourage you to stay active and continue working toward your fitness goals.

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