

### **Locker Rooms**

The showers and saunas in the locker rooms will not be available for use during the first phase of reopening.

Please maintain social distance of six feet in the locker room.

### **Group Exercise Room capacity 10**

All group classes are cancelled until further notice – virtual classes will be available.

The group exercise room can only be used if reserved for a 30 minute time slot. Reserve by emailing Nijel Baron – [nbaron@lsuhsc.edu](mailto:nbaron@lsuhsc.edu) or Courtney Ledet – [cgroue@lsuhsc.edu](mailto:cgroue@lsuhsc.edu).

Mats will no longer be provided.

Wipe down all equipment used.

Please use the spin bikes that are available. They have been marked off to ensure social distancing.

### **Cardiovascular Room capacity 10**

Wipe down equipment before and after use.

Please only use equipment that is unmarked.

Wear a mask if possible.

Limit cardio to 30 minutes due to occupancy rule.

### **Selectorized and Strength Areas capacity 12**

Wipe down equipment before and after use.

Wear a mask if possible and especially if spotting a fellow member.

Plan your workouts so that others can use the facility.

[Locker Rooms.docx](#)

### **Fitness Assessments**

Tanita testing only by appointment. All other assessments are cancelled.

Masks must be worn.

Appointments available by emailing Nijel Baron – [nbaron@lsuhsc.edu](mailto:nbaron@lsuhsc.edu).

**Hours of Operations:**

Monday – Friday 7:00 am – 6:00 pm

Closed Saturdays for deep cleaning.