



ROYAL FITNESS

For the past 42 years, this community has been our family and we are grateful for the trust you have shown in Royal Fitness. We are dedicated to the cleanliness of our facility and the health and safety of our community. We are following State of New Jersey and CDC guidelines in order to keep our community safe. We want to welcome you back to fitness.

The Royal Fitness Team

Club Status Update – In accordance with the State of New Jersey guidelines, we are able to offer the following services to our members:

Outdoor Classes

Over 50 outdoor classes per week. Variety so that you can keep your routine fresh; Cycle, Bootcamp, Barre, Yoga, Seated Toning, and more. We installed a tent in our parking lot to give our classes some shade on hot days and protection on rainy days. We added shade sails to our lawn at Yoga House to keep you cool. Giving you a beautiful outdoor space to workout is our top priority.

Salt Water Pool

Lap lanes are limited to one swimmer per lane and require a reservation (no fee). The reservation can be made at royalfit.com or on our Royal Fitness App. No reservation is needed to use the shallow end. Shallow end is not available during Aqua Classes. Swim lessons are available for kids and adults, see the posted schedule of swim lesson times. Aqua classes are offered with a reduced class size to allow for social distancing.

Personal Training

We are excited to be able to offer both indoor and outdoor one-on-one sessions. We created an outdoor training space with all the equipment you need to get back to fitness. Our trainers will work with you to provide awesome sessions that both meet your needs with a full range of equipment and meet your goals with just a little bit of hard work from you!

Weight and Cardio Floor

To allow for social distancing, we rearranged the weight floor to allow 6' between each piece of equipment, on the cardio floor every other machine will be available for use.

Member responsibility

We all need to do our part to keep each other safe. We are asking all members to follow our new safety protocols.

- Wear a mask at all times unless swimming.
- Please make sure to practice social distancing.
- Use hand sanitizer.
- Use an individual sanitizer spray and towel to disinfect all equipment and surfaces used during our work out.
- Wash your hands often.
- If you have a cough, fever, or symptoms of COVID-19, please do not come to the club until you're symptom-free and fever-free for three days.
- If you have tested positive for COVID-19, or have knowingly come into close contact with someone who has, we ask that you do not come to the club for 14 days or until you've tested negative for COVID-19.
- If you feel unwell or have any concerns about coming to workout, please stay home and stay safe.
- We're encouraging members and staff to limit person-to-person contact, we are all happy to see each other, but right now, this is the best way to take care of our community.

New safety measures

- Individual sanitizer spray bottles and microfiber towels for each member
- Disinfect and sanitize high-touch surfaces.
- All class equipment disinfected before and after use.
- Members and Staff required to wear face masks.
- Staff have temperature checks before shifts.
- Upgraded air filtration systems (installing MERV 13 air filters which capture up to 98% of microparticles from the air) .
- Plexiglass dividers at our Service Desk and Juice Bar.
- Coming soon: Electrostatic sprayer for top-grade disinfectant. This new sprayer allows us to spray more evenly, gets hard-to-reach crevices, clings to every surface it coats, and is proven to kill viruses like COVID-19.

What to expect on your first visit:

Outdoor Classes

Where to go: Our outdoor classes are held in our parking lot, behind the building under our beautiful new tent. Yoga classes are held on the lawn behind Yoga House under our newly installed shade sails.

Outdoor mask rules: NJ requires a mask outdoors when you are within 6' of another person. We ask all class participants to wear a mask in the parking lot - from their car to their workout space and as they return to their car. Masks are not required when exercising.

Class check-in: A Royal Fitness team member in a blue shirt will be using a phone to check members into class, please stop, introduce yourself, and check-in before class.

Find your spot: Social distancing is done for you! Cones are spaced 6' apart to mark the spots for class. Our cycle bikes are spaced 6' apart and ready for your ride. You are ready for socially distanced fitness!

Equipment for class: Class descriptions will let you know what is needed for class. It is suggested that you bring any recommended equipment of your own.

Mats – bring your own or purchase one for \$8

Dumbbells – bring your own or we have them sanitized and available to borrow

Cycle Class: The bikes will be sanitized before class. Each rider will be given a bottle of sanitizer and towel to clean their bike after their ride. We will have baskets to drop off the used bottles and towels after class.

Rest Rooms: Club rest rooms can be accessed by using the main entrance or the rear entrance. Yoga House rest rooms are available inside the rear door.

Pool

Mask rules: NJ requires a mask **inside the gym** at all times, except when swimming. Masks are required **outdoors** when you are within 6' of another person. We ask all members to wear a mask in the parking lot and as you enter/exit the club.

Clean Up: Sanitizer bottles and towels are available in the pool area. We ask each swimmer to please spray and wipe down any surfaces they may touch, including chairs and changing room doors.

Aqua Class

Where to go: Check-in at the Service Desk. Please arrive no earlier than 10 minutes before class.

Find your spot: We ask that you observe social distancing as best you can. Be respectful of your fellow classmates' space. Class size has been reduced to allow for social distancing.

Swim Lessons

Check-in: Arrive through the main entrance and check-in at the Service Desk or arrive through the pool back doors and check-in with your swim instructor. Please arrive 5 minutes before your lesson.

In the Pool: During lessons with children, parents have the option to get in the water with their child and receive direction from the instructor or, if everyone is comfortable, the instructor can work one-on-one in the pool.

Lap Swim

In the Pool: Lap lanes are limited to one swimmer per lane and require a 30-minute reservation (no fee). The reservation can be made at royalfit.com or on our Royal Fitness App. No reservation is needed to use the shallow end. Members may share the shallow end, please maintain 6' of social distancing. Shallow end is not available during Aqua Classes. Swim lessons are available for kids and adults, see the posted schedule of swim lesson times. Aqua classes are offered with a reduced class size to allow for social distancing.

Weight Floor & Cardio

Mask Rules: NJ requires a mask indoors at all times. Masks are required outdoors when you are within 6' of another person. We ask all members to wear a mask in the parking lot as you enter/exit the club.

Clean Up: Sanitizer bottles and towels are available at the bottom of the steps. We ask each member to spray and wipe down any equipment and surfaces they may touch, including chairs and changing room doors.

Have any questions about our procedures? Come see for yourself! We're more than happy to show you what changes we've made and let you observe our new protocols to see if you feel safe joining us!