

Per Current Health Guidelines

Cardio Room & Ice Balcony Cardio

For all Patrons and Guests

As outlined in the state's Utah Leads Together plan, the current health guidelines ask Patrons to take extreme precautions while accessing and utilizing the **CARDIO ROOM AND CARDIO EQUIPMENT IN GENERAL.**

- Do not participate if you are sick and/or experiencing a fever, cough or difficulty breathing.
 - Generally, we recommend that you take precautions in protecting yourself through the use of disinfectants, rubber gloves, not touching your face, wearing face coverings, and social distancing, etc.
 - It is your responsibility to ensure that your in-person interactions are limited to individual households and those who have been following recommended distancing/hygiene guidelines.
 - Please do not congregate in front of entry ways to the facility or rooms, or within the waiting areas.
 - **Maintain social-distancing as much as possible, especially when observing or waiting to exercise, entering and exiting the facility.**
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- All patrons must check in at either the Main or East desk prior to entering the Cardio Room.
 - It is recommended that you do not share equipment (*exercise balls, dumbbells, mats, etc.*) and is expected that each machine and piece of equipment is wiped down after use.
 - Masks are recommended for all patrons when not actively exercising.
 - Patrons must adhere to general Cardio Room rules, as posted.
 - Please be courteous of other patrons, especially if they are waiting.