

Weight Room Rules:

1. Masks must always be worn while working out.
2. Make sure to reserve your [block of time online](#) the day prior to your workout (five 90-minute blocks Monday through Friday, three 75-minute blocks Saturday/Sunday).
3. Enter/Exit through Fieldhouse entrance. You will be asked several screening questions at the reception when you arrive.
4. On your first visit, please see the Fieldhouse reception desk to reactivate your membership.
5. Do not arrive more than 10 minutes before your scheduled block.
6. Only book one block per day.
7. Individual workouts only.
8. No spotting/assisting others.
9. Bring a filled water bottle as water fountains are currently closed.
10. Always maintain a 6ft distance from other patrons.
11. No drop-ins at this time, must have a membership.
12. Leave at your scheduled time to allow cleaning for next block of patrons.