

COVID-19



PG&SC GYM AT LEVEL 2

Here are our changes to keep everyone safe at Level 2

- Arrive 'gym-ready'
- No more than 10 people in the gym at any one time
- Maximum of one hour for gym workouts
- Reduced numbers and pre-booking for group classes
- Wash your hands or use sanitiser when entering and leaving
- Wipe down all equipment before and after use
- Showers & drinking fountains are unavailable
- Practise social distancing
- No towel, no workout