

RESERVATIONS REQUIRED:

Reservations must be made in advance by email to:

lakesuccessgym@gmail.com

Reservations can only be made as follows:

1. the day before between 12 noon and 7 pm; or
2. The day of the session

Reservations are allowed on a first come/ first serve basis, subject to availability. A confirmation email will be sent by the staff. Reservations are not final without confirmation by email from the staff.

Reservations may be made for the main gym or for the spin bike room- not both.

ONLY ONE ADVANCE RESERVATION IS PERMITTED PER RESIDENT PER DAY.

COVID-19 PRE SCREENING/SIGN IN SHEET REQUIRED:

All persons desiring to use the fitness center will be required to sign a sign-in sheet and will be required to complete a pre-screening COVID-19 questionnaire, prior to entering the facility. Anyone who answers “yes” to any of the questions below will be prohibited from entering the facility for a minimum of 14 days.

The pre-screening questions are:

1. Have you knowingly been in close contact in the past 14 days with anyone who has tested positive for COVID-19 or who has had symptoms of COVID-19?
2. Have you tested positive for COVID-19 through a diagnostic test in the past 14 days?
3. Have you experienced any symptoms of COVID-19 in the past 14 days?; And
4. Have you traveled within a state with significant community spread of COVID-19 for longer than 24 hours within the past 14 days?

FITNESS CENTER PHONE NUMBER: 516-482-4686

LOCKER/SHOWER FACILITIES: Lockers, showers and towels will NOT be available. Bathrooms will be available.

ONE-ON-ONE FITNESS TRAINING: Arrangements MUST be made with Sam Balooch, the Fitness Center Manager (516-423-1219), or Jen Flora 516-477-1725 for one-on-one fitness training. Members are not allowed to bring their own personal trainer.

Personal training will take place in the Yoga Studio and also within the facility, so long as adequate social distancing is feasible. The yoga studio may not be used by residents without personal training. Masks must be worn by the personal trainers and persons being trained.

There will be no indoor fitness classes at this time.

USING THE FITNESS CENTER:

The fitness center Manager or the attendants are in charge of the fitness center areas. They are authorized to deny use of the facilities to anyone violating rules. They will report any violations that warrant further action to the Village office and/or to the Board of Trustees, who may enforce these rules by way of suspension or any other appropriate action.

COVID-19 SAFE PRACTICES MUST BE USED AT ALL TIMES WHEN USING THE FITNESS CENTER FACILITIES:

1. A mask must be worn at all times from the time you leave your car, and must continue to be worn until exiting the building and returning to your car.
2. Masks must be worn at all times while in the fitness center, including while exercising.
3. All persons MUST check in with the attendants before entering the fitness center or the spin bike room.
4. Only every other machine can be used at a given time. If someone is working out on a machine next to the one that you want to use, you must wait until that person is finished and leaves the machine.
5. Using any machine or free weights that require a “spotter” is prohibited.
6. Always maintain a minimum of social distancing of 6 feet.
7. Members must follow the directional arrows when walking inside the fitness center.
8. Members are required to clean all equipment immediately after use. Sanitary wipes, hand sanitizer, and cleaning supplies will be made available. All wipes must be disposed of in the trash receptacles in the fitness center.
9. Sharing of equipment is prohibited.
10. Use hand sanitizer often.
11. Members are encouraged to bring their own towels and water bottles, as towels will not be provided, and water dispensers will not be available for use.