



FAMILY LIFE CENTER REOPENING

Reopening the Family Life Center at First Baptist Church Arnold is progressing according to State, County and local guidelines in order to keep our guests, members and community safe. Thank you for your patience.

The Family Life Center will open for personal workouts and Personal Training on Monday, July 6. Currently fitness classes, including Silver Sneakers, is being offered online and will continue to be online until further notice. As the Family Life Center reopens we will observe the following guidelines.

HOURS OF OPERATION:

MONDAY, TUESDAY, THURSDAY, FRIDAY: 7AM - 7PM
WEDNESDAY: 7AM - 5PM
SATURDAY: 8AM - 2PM

PROCEDURES:

For the safety of all, CDC guidelines must be followed while using the Family Life Center, including coughing/sneezing into your elbow, frequent hand washing and sanitizer use and social distancing of six feet.

We have relocated the check-in desk and upgraded our touchless check-in process. As you return, give us 5 minutes to update your contact information and pictures.

We use a hospital grade sanitizer, approved by the CDC for this virus. You will see staff sanitizing frequently touched surfaces, including machine surfaces, door handles and handrails. We are providing disposable sanitizing wipes; we request that you sanitize surfaces after use, including hand holds, pins and screens. We have hand sanitizer stations in the Fitness Center at key locations.

Our reopening guideline limits occupancy to 50 people. In order to help us meet this guideline, please schedule your workout not to exceed 60 minutes. Initially, the gymnasium will be closed.

Use social distancing on weight/cardio machines and on the walking track, using only the inner and outer lanes. Blue tape will help you judge distances.

Limited contact includes only emergency spotting when lifting.

Lockers, showers and water fountains will not be available until further notice. Come dressed for workout and bring a filled beverage container from home.

We are grateful for your patience and trust in First Baptist Church of Arnold. God has blessed our church so that we can be a blessing to you, your friends and family. Welcome back!