

ESENCIA

WELLNESS

Fitness Center Rules and Regulations

Fitness Center Hours: Daily 6:00am - 8:30pm*

*In order for our team to fully sanitize the facility throughout the day, please note that the fitness center will close every 2 hours for 30 minutes, as required by The City of Miami Beach, to help prevent the spread of germs.

The fitness center will be closed during the following times:

8:00am - 8:30am | 10:30am - 11:00am | 1:00pm - 1:30pm

3:30am - 4:00pm | 6:00am - 6:30pm

THE NEW NORMAL: HELP PREVENT THE SPREAD OF COVID-19

- Please practice social distancing by maintaining a distance of 6 feet from others during moderate exercise and 10 feet during strenuous exercise. Select equipment may be unavailable for use to meet social distancing requirements.
- Please thoroughly wipe down equipment after use with the sanitizing wipes provided.
- You are required to have a facial covering accessible, to be worn upon entering and exiting the fitness center.
- At this time, maximum occupancy has been reduced to 27 guests to accommodate social distancing measures.
- In accordance with city guidelines, towel service has been temporarily discontinued.

STANDARD FITNESS CENTER GUIDELINES

- Children under the age of 16 must be accompanied by a parent or legal guardian.
- No food or glass water bottles are permitted.
- Cell phone use and photography in the fitness center and locker rooms are prohibited.
- No pets allowed in the fitness center, with the exception of registered service dogs.
- Personal stereos or bluetooth speakers are prohibited. Please use headsets or earbuds.
- Please do not move any of the fitness equipment from its designated area.
- Close-toed shoes appropriate for exercise are required at all times.
- In the event of injury or equipment malfunction, please notify our staff immediately.
- The fitness center is not responsible for the loss of guests' personal valuables.