



## COVID Guidelines & A-OK: Frequently Asked Questions

*Updated November 17, 2021*

### **\* *What is BOOST's A-OK initiative?***

A-OK is our BOOST-wide pledge to show respect through “acts of kindness” for our fellow members, particularly those more at risk and less comfortable in today’s environment. The following guidelines were developed with this pledge in mind.

### **\* *Do I need to wear a mask? Will one be provided?***

We continue to request — for now — that all unvaccinated BOOST members, program participants and guests please consider wearing masks in common areas within the facility. We encourage the wearing of masks during light workouts, as well. We are also asking all unvaccinated BOOST staff to wear masks. We will have masks available at the front desk for anybody who needs one.

### **\* *What are the rules on social distancing and self-cleaning the equipment?***

During aerobic activities, please maintain a safe distance from others, especially if you are unvaccinated. This applies both to the fitness floor and to the studios.

Please do your best to clean equipment both before and after using it. We will have plenty of paper towels and sanitizer available for this purpose.

### **\* *What's the plan for personal training, group classes and pool access? How do I sign up?***

Personal training, spin classes, all GroupFit classes and our pool are available at full capacity. We suggest scheduling through our BOOST App, which you can download [here](#).

### **\* *How long will these restrictions last?***

We continue to regularly monitor COVID-related information from city and state health officials.

Please know how much we value your incredible patience and cooperation.

THANK YOU!

