



The COVID-19 Safety Guidelines can also be found on your [Esplanade website](#).

Wellness Center & Movement Studio: What to Expect

ILLNESS: Our Wellness Center has a strict policy regarding team members, service providers and illnesses. To ensure the highest level of precautionary care, if any member our team exhibits symptoms commonly associated with COVID-19, they may not enter the Wellness Center. This is also applicable to residents using the Amenities.

MASKS:

- Team Members: all team members, service providers and vendors are required to wear a mask inside the Gym and Fitness areas.
- Residents and guests: Are required to wear a mask while inside and social distancing guidelines must be followed.

HAND SANITIZING STATIONS: We ask all those entering the Wellness Center to sanitize their hands. There is a hand sanitizing wipe station located at the entrance of the Wellness Center, as well as hand sanitizer readily available in multiple locations in the Amenity Center.

SANITATION & DISINFECTING:

- Esplanade Team: will continue to clean all areas periodically throughout the day, with additional cleaning for high-touch surfaces throughout the day.
- Residents and guests: We ask for all residents to wipe down their machines and areas after use with provided products to help in the effort to keep our gym sanitized.

GYM | FITNESS AREAS

- Gym and Fitness Areas remain open ONLY to the extent strict adherence to social distancing and enhanced sanitation and cleaning protocols can be met.
- Fitness classes may continue ONLY if social distancing can be met.
- Residents MUST continue to RSVP in advance for Fitness Classes and are asked to cancel if their plans change.
- Face masks are not required in classes **unless** social distancing guidelines cannot be met.
- Small equipment such as resistance bands, stretch mats, yoga balls, etc. remain temporarily unavailable. Residents may bring their own yoga/stretch mat for their personal use.
- Our courtesy gym towels are not available, and we encourage residents to bring their own.
- Restrooms will remain open, but only to access the restroom facilities and hand washing stations as Lockers and shower facilities will not be available for use.
- Water fountains will now be available.
- The team will also be cleaning the fitness centers periodically throughout the day.

GYM HOURS

- Access to fitness area/gym will be by the use of your resident swipe card 24/7.