

- If you are sick, have had signs of fever, or been exposed to anyone that is sick within the past 14 days, please stay home.
- Our classes will operate at 50 percent capacity in accordance with Governor Wolf and our local townships / municipalities.
- Due to reduced class size capacity, we are REQUIRING you to sign up in advance for class on your Mindbody App to reserve your spot. If the class is maxed out, you will be waitlisted. If someone cancels, you will get message that you can sign up. If you have any trouble or you've never used the Mindbody App before, please call the Hampton Club at 412-213-3584 or the Murrysville club at 724-575-7486 so that we can assist you.
- If you sign up for class and need to cancel, please do so at least 2 hours before class.
- In consideration of your fellow Fit 4 Boxing Club members, we ask that clients only participate in one class per day.
- Please sign up for class no more the 48 hours in advance of the class time.
- Face coverings / masks are optional during your work out.
- Please practice proper social distancing while in the club.
- We will have hand sanitizer placed throughout the club.
- We will take extra cleaning precautions in between classes. We take pride in the cleanliness of our club and will continue to do so with heightened sanitization measures. Members are required to have their own hand wraps. You are encouraged to have your own boxing gloves. Glove rental will be available and gloves will be sanitized after each use. However, we strongly encourage you purchase your own gloves available for sale at Fit 4 Boxing Club.
- We will use jump ropes, dumbbells, and yoga mats. Our equipment will cleaned and sanitized after each use. If you prefer, you can bring your own. Please keep your equipment with you at your bag until the end of class to avoid congregating at the equipment stations.
- Please be diligent in wiping down your bag and your equipment after class.
- Before the beginning of class, the trainer will ensure members are spaced out between bags to allow for proper social distancing.
- We will offer the 15 Rounds classes starting Saturday, June 6. We will keep you posted on when the Rock Steady and Seniors Class will be added to the schedule.
- If your not comfortable in a group class, purchasing private lessons (boxing or strength training) is an excellent way to get a great workout in a 1-1 setting and scheduled during non class times.
- There will be no IPAD at the front desk to check in. Confirm your last name with front desk staff to confirm check in.
- We will be operating on a limited class schedule to start, so please check your Mindbody App and be sure to sign up in advance before attending. You can start signing up for classes on Thursday, June 4.

We are excited to welcome you back to a clean club! Please adhere to the above guidelines when participating in our classes. We appreciate your cooperation and support during this time, and we cannot wait to have you back. Let's achieve our greatest health and fitness goals!