

OUTDOOR FITNESS

AT merriott clubs

Hello Merritt members! On May 6th, Governor Larry Hogan amended his Stay at Home order to include outdoor fitness instruction among other activities. Although gatherings of more than 10 people are strictly prohibited, our group fitness and personal training teams have been working to develop outdoor fitness schedules as well as operational protocols for registration, check-in, and additional safety procedures. Classes currently will be limited to nine participants in order to account for our instructor.

Please note that not all counties allow outdoor fitness instruction. Our schedules will reflect and abide by regulations set in place by local governments. However, we will continue to host free virtual classes for up to a month after we reopen. Sessions are available to all members on a first-come, first-served basis.

We are excited for the opportunity to begin to reunite (on a small scale) with our members, and we want safety to be our top priority for our staff and members. In preparation to bring outdoor fitness opportunities, we have taken steps to ensure that we are following all necessary local, and state guidelines. Please see below for details regarding outdoor fitness at Merritt Clubs!

OUTDOOR FITNESS GUIDELINES

Outdoor Fitness Offerings

Group Fitness Classes: Eldersburg, Towson, White Marsh

Guidelines:

- Session size will be limited based on current local guidelines.
- Registration will be managed through EventBrite.
- The cost per session will be \$10.00 (*plus EventBrite fees*).
- Classes are non-refundable.
- Each session will run promptly. Members will be asked to leave the premises at the conclusion of their time (no lingering to socialize.)
- No guests allowed. The number of people onsite are limited to the number of spots in the session.
- Participation is limited to members aged 18 and above.
- Members will be responsible for providing the following items:
 - Water
 - Exercise Mat
 - Towels
- CDC guidelines for physical distancing must be maintained before, during, and after sessions. A minimum of 6 feet of distance between persons.
- Merritt will provide hand sanitizer and disinfectant wipes for outdoor sessions.

- Members are asked to wipe down equipment both before and after use.
- Merritt staff will disinfect all equipment between sessions.
- Bathroom facilities may not be available for use. Please do your best to plan accordingly.
- Members are encouraged to wear facial masks to and from class.
- Members attending the classes are attending under the assumption by Merritt staff that participants are not ill, nor suffering any COVID-19-related symptoms. Anyone showing signs of illness will be required to leave.

Group Fitness Class Details

A limited number of outdoor classes will be offered for members. Spots in class will be filled on a first-come, first-served basis. We will still continue with virtual class offerings. Please arrive a few minutes early prior to class start time.

Weather Policy

In the case of inclement weather, a call will be made by Merritt staff one hour prior to the scheduled timeslot whether outdoor fitness will need to be cancelled. We will do our best to keep sessions scheduled, which may mean a workout in light rain, so please keep this in mind when booking a session.