

Elite Fitness Studio Mask 🧐 and Safety Policy Update

Please be advised that Elite Fitness Studio in conjunction with the suspension of the [NYC Emergency Executive Order 225](#), Elite Fitness Studio has amended our Mask and Safety Policy. Beginning Monday, March 7, 2022 we will continue to incorporate checking everyone's COVID-19 vaccination status as part of our [Mask Compliance Policy](#). All members, staff and guests will no longer be required to be fully or partially vaccinated for entrance into the Elite Fitness Studio facility. Fully vaccinated members may exercise their option to go unmasked at all times and are no longer required to maintain 6ft social distance. Only fully vaccinated members and guests will be allowed to attend and participate in our In-Person classes.

Key components of our updated Mask Compliance policy:

- Every member or guest will be required to digitally sign the Elite Fitness Studio [Mask Compliance Policy](#).
- Everyone must sign the new Elite Fitness Studio [COVID-19 Liability Waiver](#).
- **Those members who elect to exercise their option to go unmasked are required to show proof of full COVID-19 vaccination status (either digitally, paper form).**
- Unvaccinated/partially vaccinated members or guests are **required** to properly wear a CDC authorized face mask or face covering at all times while in the facility. The face mask or face covering of partially vaccinated members must cover the nose and mouth at all times.
- You may obtain a new, clean non-surgical mask at the front counter.
- Members and guests are welcome to wear any additional PPE of their choosing, i. e. face shields or gloves without being ridiculed.
- If you are not feeling well or experiencing flu like symptoms, please stay home and seek medical attention.

There are multiple ways to show proof of vaccination:

- A photo or hard copy of their CDC vaccination card
- NYC COVID Safe App
- New York State Excelsior App
- Official vaccine record
- A photo or hard copy of an official vaccination record of a vaccine administered outside the United States for one of the following vaccines: AstraZeneca/SK

Bioscience, Serum Institute of India/COVISHIELD and Vaxzevria, Sinopharm, or Sinovac.

Key components of our General Safety and Sanitation Protocols for all members or patrons are below:

- Every member must use their assigned key tag to enter the facility.
- Upon arrival, every guest is asked to take a personal bottle of antibacterial sanitizer and a blue towel to wipe equipment, machines, weights and contact areas before and after each use.
- Every member is allowed one clean hand towel for personal use. These towels are not to be used to wipe equipment on contact surfaces.
- Everyone is asked to put used towels in the designated laundry bin near the front counter. There are also addition laundry bins placed downstairs.
- **Everyone is asked to return the personal bottle of antibacterial sanitizer to the front counter prior to leaving the facility.**
- An Elite Fitness Studio staff member will spray all machines, equipment and contact surfaces with an Emist EPIX360 Electrostatic Disinfectant Sprayer no fewer than twice a day.
- A restroom cleaning checklist will be posted in each restroom.
- A locker room/shower cleaning checklist will be posted in each locker room.
- Each HVAC system has been fitted with Minimal Efficiency Reporting Values (MERV) 13 filters.

Sanitizer Stations:

- Are located throughout the facility equipped with hand sanitizer, paper towels and antibacterial spray.
- **IF YOU USE A SPRAY BOTTLE FROM THE HAND SANITIZING STATION, DO NOT RETURN THE BOTTLE TO THE SANITIZING STATION. USED SPRAY BOTTLES SHOULD BE PLACED ON THE FRONT COUNTER AFTER USE.**
- Wherever possible, we have installed contactless hand sanitizer, paper towel and soap dispensers.

In-Person Classes:

- Classes have resumed with a maximum capacity of 9 people in our group fitness classroom. ***Only fully vaccinated members are permitted to attend In-Person classes.*** Please check our [class schedule](#) on our website or the Elite Fitness Studio mobile app for more information.

- In addition to our three commercial grade air conditioning systems, we have installed two EnviroKlenz UV/HEPA air purifying systems that will run 24/7 in the large group fitness classroom. These units remove 99% of all odors, bacteria and viruses. Each unit is designed to exchange 100% of the air in the group fitness classroom 4-5 times per hour.
- The group fitness classroom has 8 designated 6ft x 6ft boxes to ensure proper social distance.
- Although we provide clean, hypoallergenic mats, members are encouraged to bring their own mats.
- Each person will have their own sets of weights and props to be used during the class.
- All Spin classes will be held in the large group fitness classroom.

Online Classes:

- We will continue to provide a *limited* number of online classes available to all members. Please check our class schedule on our website or the Elite Fitness Studio mobile app for more information.
- Please continue to register for all online classes through the Elite Fitness Studio mobile app or at <http://www.myiclubonline.com>

Personal Training and Outside Training Clients:

- Personal training clients are by appointment only. Please contact your assigned personal trainer to reserve your time slot.
- All non-member training clients must adhere to all Elite Fitness Studio protocols and procedures.

Member Guests:

- Must present a photo ID
- Be registered in our membership management system
- Adhere to all protocols and procedures
- Sign our Mask Compliance, COVID-19 and facility liability waivers

Group Fitness Air Quality and Safety Precautions

This Facility is Equipped with:

- 1 Patented earth-mineral odor neutralizing technology
- 2 Medical-grade HEPA filter
- 3 UV-C lights for germicidal destruction
- 4 3-stage filtration with a 250 CFM blower



THE ENVIROKLENZ AIR SYSTEM PLUS



THE ENVIROKLENZ® AIR SYSTEM PLUS SAFELY AND EFFECTIVELY COMBINES ADVANCED CHEMISTRY TECHNOLOGY, HEPA FILTRATION, AND GERMICIDAL UVC TO CAPTURE AND DESTROY AIRBORNE TOXIC AND NOXIOUS CHEMICALS, PARTICULATES, BACTERIA, VIRUSES, AND OTHER ALLERGY TRIGGERS

Third Party Microbiological Testing:

intertek

99% Reduction of Viruses

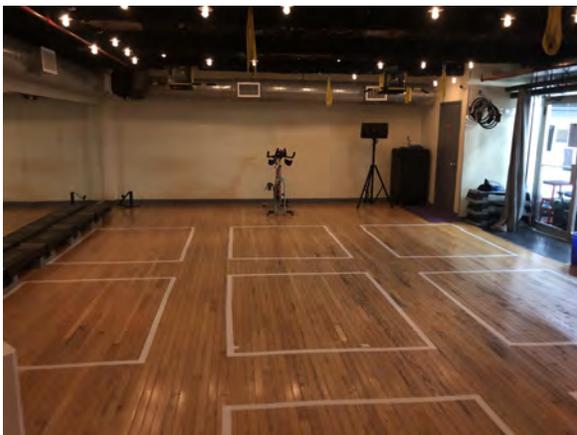
98% Reduction of Ecoli

99% Reduction of Mold

99% Reduction of Fungus

The testing was conducted in a 1008 cubic foot biological environmental chamber. The pathogen was disseminated via a collision nebulizer. The EnviroKlenz Air System was turned on and allowed to operate for 2 hours and then the pathogen was collected and evaluated for viability via appropriate growth media and incubation period. The process also conducted without the EnviroKlenz Air System in the chamber to provide the natural decay of the pathogen. The reduction rates reported can be found above.* Testing performed and validated by Intertek, a third party, Total Quality Assurance provider to industries worldwide.

Breathe Clean Air



Elite Fitness Studio is committed to an evolved and better health and fitness

experience for all members and guests. We will continue to review and revise our safety protocols as the status of vaccinations and virus spread improves.

We are committed to doing everything within our powers to prevent exposure to COVID-19 and its spread throughout our community. We ask you to do your part as well. If you are not feeling well, please stay home and seek medical attention.

If you see or experience an opportunity for us to service you better, please notify us immediately, call us at 718-596-0006 or email us at staff@efitstudio.co.

Let's Protect Each Other By:

- Becoming fully COVID-19 vaccinated and boosted when eligible.
- Wearing a Face mask or Face Covering when feeling ill or when the vaccination status of others is unknown.
- Wash your hands with soap and warm water and/or use an alcohol-based hand sanitizer.
- Maintain 6ft Social Distance where vaccination status is unknown.

Hours of Operation:

- 5:30am to 10:00pm Mondays through Thursdays
- 5:30am to 8:30pm Fridays
- 7:00am to 7:00pm Saturdays and Sundays
- Although we don't have designated senior hours, please note, we have fewer members in the facility between 11:00am and 4:00pm and after 7:00pm Monday through Friday.

WE'RE ALL IN THIS TOGETHER



Elite Membership Services
111 Union Street
Brooklyn, NY 11231
718-596-0006

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