



SUBJECT TO CHANGE WITH STATE AND/OR CDC GUIDELINES

Gold's Gym will re-open franchise operations in three different phases in recovery of the COVID-19 global pandemic. This plan is a brief overview of the various phases that comprise our conservative approach to reopening our clubs across the United States. As always, our number one priority is to ensure we provide a world-class Member experience. We are taking every precaution we can in order to provide a safe and healthy club experience for our Members and Team Members. Please be advised, the guidelines below are subject to change at any given time based on CDC/State/Local Government recommendations.

FACILITY GUIDELINES

HOURS OF OPERATIONS

- Hours of operation will be modified to ensure additional cleaning and safety measures are executed each day.
- Mon-Fri | 5 am-9 pm
- Sat-Sun | 7 am-7 pm
- An intermission cleaning will occur daily from 1 pm-2 pm to ensure a reset of all cleaning supplies and a full deep clean is conducted.

CAPACITY

- Total number of people in the facility, to include staff, trainers, and clients, will be limited to 25% of the facility's building capacity, as determined by fire code.
- No appointment necessary.
- Member capacity will meet state guidelines for distancing purposes; a 90-minute maximum workout is requested.
- We will staff necessary Team Member capacity to ensure we maximize cleaning protocols while allowing for physical distancing.
- No sharing of equipment allowed at any time.
- Congregations of no more than five people will be allowed in common areas such as employee break rooms and lobbies, and only if social distancing may be maintained.

CHECK IN PROCESS | REGISTER (POS SYSTEM)

- No out of town guest will be allowed to enter the clubs; A same state driver's license or valid ID is required for all guests who do not have a key fob.
- Members will use a touchless scan in process to scan their barcode on the scanner, which will be placed on the counter.

- For all retail purchases, members will scan the UPC code on the item they are purchasing to avoid physical contact. Cash will not be accepted for retail purchases. A credit card may be used with the chip reader or if it is stored on file.

CLEANING

- Team Members in each club will be re-focused from normal duties and dedicated to zone cleanings in all areas of the gym, including high touch areas, door handles, and water fountains, etc.
- Members will be required to wipe down equipment and surfaces after each use with the medical grade cleaners provided. Daily cleaning protocols updated with extensive checklists for medical-grade cleaning materials, additional refill stations for paper towels, sprays, and bottles, and housekeeping carts accessible on the floor to ensure equipment is cleaned after every use.
- Clients shall be required to bring their own water bottles. Water fountain use shall be restricted to water bottle filling stations only. Congregating at water bottle filling stations shall be limited.
- Facility provided towel service will be discontinued during Phase 2.

AMENITY GUIDELINES

CARDIO & STRENGTH MACHINES | PERFORMANCE CENTER | GROUP FITNESS CLASSES | SPIN | POOL | HOT YOGA | TEAM TRAINING | RACQUETBALL COURT | BASKETBALL | POOL | LOCKER ROOMS & SHOWERS

- *Cardio and Strength* – Machines that are in operations will be staggered and/or measured at least apart.
- *Group Fitness Classes, Spin, and Hot Yoga* – Class space is limited to first come first service. No reservation is required. Class schedules will be posted online. Call club for details.
- *Team Training* – Classes will resume in October.
- *Racquetball Courts* – Limited to individual use only.
- *Basketball Court* – Shooting only. Must maintain social distancing. No games allowed.
- *Pool* – Open for lap swim. No classes at this time. The middle lane will remain closed to practice safe social distancing. First come, first serve. No reservation required.
- *Locker Rooms and Showers* – Will be monitored to ensure usage does not exceed the capacity limits as recommended by State guidelines. Additionally, updated signage and restricted markers to designate adequate space between amenities will be posted.

1:1 PERSONAL TRAINING & SMALL GROUP TRAINING

- A safety briefing must be conducted at the beginning of each personal training session to re-emphasize the protective measures for everyone to include maintaining social distancing, sanitation protocols, and pre-session screening. Alternatively, a safety video can be shared and emailed to the client prior to the scheduled appointment.
- Each client will sign a waiver of consent and commitment to the facility's reopening policies prior to their scheduled appointment time. Clients will be informed to wear training attire to the facility and bring their own hand towel.
- Training sessions must be staggered to maintain social distancing and limited capacity in a facility.
- Trainers must wash their hands and use hand sanitizer before and after each training session.

| KID'S CLUB | JUICE BAR | SAUNA, STEAM & SPA

These amenities will remain closed during Phase 2 and re-evaluated for opening in Phase 3 or 4.