

Bronson Wellness Center COVID-19 Precautions Group Exercise Classes

The safety of our members and staff has always, and will always, be our top priority. To allow for proper social distancing and extra cleaning in between each group exercise class, we are bringing back your favorite classes gradually.

What to expect when you come to a group exercise class

1. You will find a limited number of classes on the group exercise schedule. We will evaluate class participation weekly and add new classes as appropriate.
2. In accordance with state mandates, a properly fitted mask is required at all times.

- According to the state of Michigan, the following items are not sufficient replacements for cloth or surgical-style face masks: scarves, ski masks, balaclavas, neck gaiters, plastic masks, vented face masks or face shields.
- The only exception to the mask rule is when you are in the pool – both for water exercise classes and lap swimming.



Stickers on the studio floor marking where each participant should stand/work out



Cleaning solution and microfiber towels to use to clean your equipment before and after class

3. Between classes, our team will clean and sanitize the studios.
4. Before and after class, you must wipe down your equipment. Additional disinfectant bottles and microfiber towels are available in the studios, making it easier than ever to do this.
5. Classes are limited in size. Floor markers are placed throughout the studio, showing the individual space for each person to work out.
6. Studio classes are available on a first come, first serve basis. Matrix Ride classes continue to follow the reservation policy already in place.