



# REOPENING PHASES

## Phase 1 - August 24<sup>th</sup>

- Gym opens 5am Monday morning and resumes normal business hours. We open Mondays at 5am and stay open 24 hours a day until Friday night at 11pm. Saturday and Sunday we're open 7am to 7pm
- ABC Sports and Fitness - cardio and pin loaded machines fully open with social distancing protocols in place
- Albany Barbell Club - free weight room fully open with social distancing protocols in place
- Parking lot classes continue
- ABC supplement and clothing shop open
- Chiropractor and Massage services open ([www.digdeep.clinic](http://www.digdeep.clinic))
- Personal Training resumes

## Phase 2 - September 7<sup>th</sup>

- Indoor classes start (limited schedule)
- Parking lot classes continue
- Senior classes start
- Implement senior recommend work out time (10am until noon)
- Individual showers open
- Food Therapy Grab and Go premade meals resume ([www.foodthearpymeals.com](http://www.foodthearpymeals.com))

## Phase 3 - September 21<sup>st</sup>

- Increased indoor class scheduling
- Parking lot classes continue
- Child Watch/Kids Club opens
- Tanning opens

\*Masks mandatory at all times until further notice (NYS rules)

\*\*Saunas and water fountains closed until further notice (NYS rules)

**Stay tuned for details on each phase!**