# Strength Training Studio

Effective 10.5.20

To adhere to CDC guidelines, we are only able to allow **6 people** in the Strength Training Studio at a time. The equipment that will be available for use will have a sign, “Ready For Use.” Please do not use any equipment that does not have a “Ready For Use” sign to allow for physical distancing. Please remember to keep a physical distance between yourself and others at all times.

To keep you safe and to keep our Strength Training Studio open, *please use items in the blue buckets to clean each piece of equipment before and after use*.

Please sign up using the link provided on **MessiahLifeways.org/VisitWellness**.

**Monday, Tuesday, Wednesday, Thursday, and Friday**

8:00 am - 8:45 am

10:15 am -11:00 am

11:15 am - 12:00 noon

1:00 pm - 1:45 pm

2:00 pm - 2:45 pm

3:00 pm - 3:45 pm