



Uptown Athletic Club and Holding Space Yoga Guidelines for COVID-19.

YOUR SAFETY IS OUR TOP PRIORITY. We will do what is needed to protect our members by continually, CLEANING, DISINFECTING and SANITIZING.

As we move forward in resuming all classes, we have a few rules.

We believe that maintaining SOCIAL DISTANCING MEASURES will help in the fight against COVID-19. PLEASE HELP US MAINTAIN SOCIAL DISTANCING while you are at UPTOWN ATHLETIC CLUB AND HOLDING SPACE YOGA STUDIO.

For Yoga classes we can only accept 8 members per class, as we are required to practice social distancing. Reserve your spot through the  MINDBODY app or call us to save your spot (706) 752-1680.

For Group Fitness classes we can only accept 8 members per class, as we are required to practice social distancing. Reserve your spot through the  MINDBODY app or call us to save your spot (706) 752-1680.

Please bring your own **mats, sweat towel and/or a shower towel**, as we are not able to provide any of these items at this time.

Please wash your hands and use the provided hand sanitizer when entering and leaving the gym.

Please wipe any equipment you have touched with the sanitizer we have provided located in the spray bottles near the equipment or use the provided sanitizer wipes located in the dispenser on the wall.

If you do not feel well, have a cough, or are running a fever please **STAY HOME!**

WE ARE IN THIS TOGETHER; LET'S FIGHT IT TOGETHER.