

ROC HOURS & GUIDELINES

Monday - Thursday: 8 am - Noon & 1 - 4 pm (*Closed from Noon - 1 pm*)
Friday - Sunday: Closed

STOP! Do Not Enter If:

You are feeling sick, have a fever, are coughing,
or have shortness of breath

General Guidelines:

- Please adhere to strict social distancing, 6 feet apart
- Practice good personal hygiene
- Face masks are recommended

Areas Open:

- Walking Track (no running or passing): Limit 8 persons
- Weight Room: Limit 5 persons
- Cardio and Alcove Areas: Limit 6 persons
- Please wipe down exposed surfaces before and after using each piece of equipment

Restrictions:

- Limited fitness classes
- No sports activity in gym (i.e. basketball, etc.)
- Indoor playground closed/no birthday parties
- Showers are not available
- No food consumed on the premises, bring your own drinks (fountains and vending not available.)
- The south side of the building and the atrium are closed