

Total Wellness - San Marcos
Participant Guidelines & Contract

Welcome back to the San Marcos Activity Center! Please see facility rules and group exercise guidelines below.

- Group Exercise Classes are by reservation only (see portal button below)
- Masks must be worn properly (over the mouth and nose) indoors at all times
- Participants must bring their own MAT & WATER BOTTLE (none will be provided)
- Upon entering the studio, participants will go directly to designated stations
- Participants are required to maintain 6 feet of distance from staff and other participants at all times, and remain in designated areas during physical activities
- Masks may be removed outdoors at 15 feet of distance from staff and other participants.

By reserving a class slot, you agree to the above guidelines. Our staff is here to assist, answer questions, and provide reminders. Refusal to comply may result in a participant being asked to leave without refund.

Self-Screening for Symptoms

Before arriving at the Activity Center, please self-screen for any of the following new or worsening signs or symptoms of possible COVID-19:

- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell
- Diarrhea
- Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
- Known close contact with a person who is lab confirmed to have COVID-19