



Important Update

The Extreme Gym is ready to serve our families with the safest and cleanest facility in Winder!

As we prepare for our reopening day, we wanted to ensure our families of the steps we are taking to ensure health and wellness among all members! We will continue to take these precautions for the wellbeing of our clients, staff and visitors. We ask our families to take their child's temperature before sending them to the gym, keep sick children home and be aware of the following guidelines we will be implementing listed here.

We cannot wait to see you back at The Extreme Gym!!



Hand Washing
Athletes and Staff will be required to wash hands before and after class.



Hand Sanitizer
Athletes and staff will have hand sanitizer available at stations and will sanitize between rotations.



Gym Sanitizing
Staff will be sanitizing matting, surfaces and high traffic/frequently touched areas.

1

Class sizes will be limited to 6 to 1 for all age groups. Coaches will practice distancing among classes to ensure spacing.

2

All 45 minute preschool classes will be held in the skills lab (side gym) and parent seating is available in that area for spectators.

3

Limited Hands on Spotting and Contact
Coaches will be utilizing more drills and activities that involve less spotting to limit contact.