

PTO Fitness Center Members and Community,

We have big news! The PTO Fitness Center will re-open Tuesday, January 4th to support the health and welfare of USPTO employees. We thank you for your support during our closure and participation in the many virtual classes and events. The FAPTO Board of Directors and Pro Fit staff want to welcome you back to workouts inside the fitness center.

To ensure the safety of Pro Fit employees and your fellow fitness center members, operational guidelines and procedures have been established according to the [USPTO Phase I guidelines](#) for safe return. Please refer to the Member Return Guide below. Email questions and comments to PTOFitness@pro-fitclubs.com.

Member Guide on use of the fitness center.

1. Beginning **January 4, 2022**, the fitness center will be open from **7:30 AM to 5:30 PM, Tuesday – Thursday**. The fitness center will be closed on Mondays and Fridays (1/3, 1/7, 1/10, 1/14).
2. Beginning **January 18, 2022**, the fitness center will be open from **7:30 AM to 5:30 PM Monday – Friday**. The fitness center will remain closed on Saturdays and Sundays until further notice.
3. Reservations are first come first served and limited to **25 people** per session. One session is 45 minutes; same day reservations and consecutive sessions are possible. If you are unable to make your reserved session, please ensure cancellation of your session as a courtesy to fellow members. Reservation capacity limits will be evaluated at the end of January to determine the safest amount of members inside the fitness center at each session.
4. Reservation sign-ups will occur via the link below:
<https://clients.mindbodyonline.com/classic/ws?studioid=27088&stype=-102&sView=day&sLoc=0&date=01/04/22>
5. **Members must sign a COVID Waiver on their first visit.** The waiver will be kept on file; without Waiver, access will not be provided (See Attached).
6. Members must refer to posted signage and self-declare that they are free of COVID-19 symptoms.
7. In accordance with agency policy, masks must always be worn while inside the fitness center and members should maintain 6 feet of social distance.
8. Equipment has been spaced accordingly to comply with social distancing recommendations. In situations where equipment can't be moved, it will be unplugged or marked by signage. Staff will assist with strength machine availability to ensure members are two machines apart from each other at all times.
9. Locker rooms, Showers, and personal training services will be phased in after 14 days.
10. Members are encouraged to come to the fitness center dressed to exercise and bring a water bottle. Tables will be set up for members to place their personal bags. One bag per member, please.
11. Group Exercise classes will be phased in according to guidance provided by the USPTO. **Virtual group exercise classes will continue after reopening.**
12. Sanitizing stations will be set up throughout the fitness center. Please wipe all equipment both before and after use.

**PTO Fitness Center Hours for January 2022, Phase 1
7:30 AM – 5:30 PM by reservation**

Mon 03 Jan: CLOSED

Tue 04 Jan – Thu 06 Jan: Open 7:30am – 5:30 pm by reservation
(Exercise Equipment, Hydromassage, Towel Service); LOCKER ROOMS CLOSED

Fri 07 Jan – Mon 10 Jan: CLOSED

Tue 11 Jan – Thu 13 Jan: Open 7:30am – 5:30 pm by reservation
(Exercise Equipment, Hydromassage, Towel Service); LOCKER ROOMS CLOSED

Fri 14 Jan – Mon 17 Jan: CLOSED

Tue 18 Jan and onward: Open 7:30am – 5:30 pm Mon-Fri by reservation
(Exercise Equipment, Locker Rooms, Hydromassage, Towel Service); LOCKER ROOMS
OPEN

CLOSED Sat, Sun & all federal holidays

The PTO Fitness Center follows OPM for government status. When OPM announces delays and closures, the PTO Fitness Center adjust hours equal to the amount of time delayed or closes.

The above procedures are a guide and are subject to change from time to time. As always, if you have any questions, please feel free to contact the fitness center by emailing PTOFitness@pro-fitclubs.com or calling 571-272-0252 between the hours of 7:30 AM and 5:30 PM.