

# INDIGO

FITNESS CLUB

## Introduction of 2-G-Regulation

The 2G+ rule applies on the following days:

Tuesday      Thursday      Sunday

**NO MASK OBLIGATION IN THE ENTIRE CLUB**

**THE WELLNESS ARE CAN BE USED WITHOUT RESTRICTIONS**

### FURTHER MEASURES

- Train only when you feel healthy. Even with only mild symptoms you should avoid the INDIGO visit.
- Wash your hands thoroughly before and after training and/or use the hand disinfectant dispensers.
- Still valid: Keep a distance of at least 1.5 meters at all times during the whole visit to the fitness club.
- Are you flexible in your time? Then please work out at off-peak times.
- Clean the cardio machines after each use and use the training towel during strength training on the guided machines.
- Please be patient and understand that there may be waiting times at the reception, in the locker rooms and for certain machines.

**TOGETHER WE ARE STRONG - THANKS FOR YOUR SUPPORT!**