

INDIGO

FITNESS CLUB

Introduction of 2-G-Regulation

Based on the decision of the Federal Council (17.12.2021), the 2-G-regulation will apply starting Monday, the 20th of December 2021. This means that only people who have either been vaccinated or have recovered will be allowed to train at INDIGO Fitness.

OBLIGATION TO WEAR A MASK

You must wear a mask during your visit to the gym:

- When entering the building
- At check-in at the reception
- In the Club Lounge
- On the way from the reception to the locker rooms and back
- In the wardrobes when changing
- During cardio training
- During strength training (on the machines or free weight) and stretching
- During the fitness classes

Exceptions where the mask does not have to be worn:

- When showering

THE SAUNA AND STEAM BATHS WILL REMAIN CLOSED UNTIL FURTHER NOTICE.

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!