

**Folsom Wellness & Sports Conditioning Center LLC.
Outdoor Exercise Zone**

We are using CDC approved Virucide cleaners for all areas Foster's 40-80, diluted Clorox and Alcohol Wipes

Please remember we are a Medically Oriented Facility

Hours of Operation 5:30 AM to 6:30 PM M-F

8:00 AM to 2:00 PM Saturday's- Closing 30 minutes after each available hour

All workouts will be by reservation only (see below)

We have a variety of cardio and strength equipment available outside:

**Cardio-Elliptical-Treadmills-Spin Bike-Assault Bike-Rower-Weights-TRX-Bands/Balls
Kettle Bells-Agility-Sleds-Heavy Rope-Jump Ropes**

All Members will be required to:

- **Wear Masks when entering/exiting the facility!**
- **Sanitize their hands!**
- **Have their Temperature checked and Sign a Waiver!**
- **Scan in their card and proceed to their reserved area!**
- **Please maintain Social distancing at all times and be courteous of others!**
 - **Showers are not available, lockers are not available**
 - **Spa is closed**
 - **Restrooms and toilets/sinks are available.**
 - **Please bring only what you absolutely need including a Water Bottle and Towel.**
 - **Sanitation stations are available.**

Reservations

Reservation phone number: (916) 355-1250 ext. 1003

Reservations: Please call between 8AM-5PM M-F

- **All Members please make reservations at least 24 hours in advance and can schedule 1 week at a time, same day reservations can be made based on availability but absolutely NO Walk-Ins. Members must reserve a 1 hour time block on a **first come, first serve** basis.**
- **Members are required to sanitize all equipment they utilize with in their Zone**
- **Zone capacity is limited**, you must have a reservation at least 2 hours in advance
- **Health and Safety guidelines will be strictly maintained-clean everything you touch with Fosters 40-80 and use alcohol wipes for touch screens**
- **Due to limited capacity please plan ahead**