

## **Tier status Gyms & Fitness Centers:**

### Widespread (purple):

- Outdoor only with modifications
- Indoor pools, hot tubs, saunas, and steam rooms must close
  - Drowning prevention classes, including swim lessons with certified instructors, are permitted in indoor and outdoor swimming pools in all tiers, as they are deemed essential

### Substantial (red):

- Indoor with modifications
- Capacity must be limited to 10%
- Indoor pools, hot tubs, saunas, and steam rooms must close
  - Drowning prevention classes, including swim lessons with certified instructors, are permitted in indoor and outdoor swimming pools in all tiers, as they are deemed essential
- Climbing walls can open

### Moderate (orange)

- Indoor with modifications
- Capacity must be limited to 25%
- Indoor pools can open
- Indoor hot tubs, saunas, and steam rooms must close
- Climbing walls can open

### Minimal (yellow)

- Indoor with modifications
- Capacity must be limited to 50%
- Indoor pools, hot tubs, saunas, and steam rooms can open
- Climbing walls can open

Follow this [guidance for gyms and fitness centers](#), including yoga and dance studios, to support a safe, clean environment for workers, customers, and the public.

This guidance includes additional considerations for:

- Communal restrooms and shower facilities

- Swimming pools and aquatic venues

Review the guidance, prepare a plan, and post the [checklist for gyms and fitness centers](#) in your workplace to show customers and employees that you've reduced the risk and are open for business.

### **One-on-one personal fitness training**

A gym can offer personal training for only one person at a time (no more than a total of one trainer and one client permitted at a time per business premises). Follow the [guidance for limited services](#) when providing one-on-one personal fitness training.

Source: covid19.ca.gov