

Member Advice - (COVID-19)

Staying fit and healthy is vital in fighting this virus. Here at Heron's Fitness we are working hard to ensure our facility remains clean and safe to use. We encourage all members to support us by doing the following:

- Please avoid using the facility if you fall under any vulnerable category regarding Coronavirus
- Please practice good hygiene and wash your hands regularly
- Please use the hand sanitising gel upon entry and exit
- Please thoroughly wipe down equipment before and after use with the sanitising wipes located around the gym (please put all used wipes immediately in the bin)
- Please use a sweat towel or blue roll (please put any used blue roll in the bin)
- Give other members as much space as possible and avoid crowding around machines
- If you are self-isolating at home, please do not attend the facility-, as per government guidelines

