



Ruthanne Fuller
Mayor

HEALTH AND HUMAN SERVICES DEPARTMENT

Deborah C. Youngblood, PhD, Commissioner

1000 Commonwealth Avenue
Newton, MA 02459

Telephone 617.796.1420 Fax 617.552.7063
TDD/TTY 617.796.1089



Public Health
Prevent. Promote. Protect.

**Information for Fitness Centers/Health Clubs regarding
Supplemental COVID-19 Restrictions in the City of Newton effective 12/18/20**

Fitness centers and health clubs should refer to guidance listed below to comply with the [Emergency Order](#). Facilities should continue to comply with all state and local requirements for social distancing, masking, hygiene, and cleaning & disinfecting protocols.

Facilities that continue 1:1 personal training must observe the following protocols in order to allow more than one group of 1:1 (or 1:2 if from the same household) training to occur at the same time:

- Occupancy is limited to 40% of the facility’s maximum permitted occupancy as documented in its occupancy permit on record with the municipal building department or other municipal record holder
- Facilities for which no permitted occupancy limitation is on record may allow up to 8 persons per 1,000 square feet of accessible indoor or outdoor space
- **14 feet or more of distance should be maintained between different 1:1 or 1:2 (from same household) training groups if more than one group is training in the same area. 6 feet of distance should be maintained between the trainer and trainee(s).**
- No more than 2 people from the same household can work with a trainer at a given time.

(chart from order for reference)

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| Fitness centers and health clubs | <p>Indoor fitness centers and health clubs are not allowed to operate, including those using alternative indoor spaces, with the following exceptions:</p> <ul style="list-style-type: none"> ➤ Appointment-only training with only one customer (or two from the same household) is allowed in a facility at a time. ➤ Outdoor fitness instruction is allowed to operate with 25 or fewer people. <p>Indoor operation of fitness centers and health clubs for youth 18 and under only is allowed, as permitted in Phase II of the State’s guidance.</p> |
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