



New mask rules...

Effective 8/5/2020, we will require all members to wear masks on the second floor, on the pool deck and in the locker rooms. If you are participating in strenuous lifting or exercise and need to lower your mask, you may do so, but please be sure to re-cover your mouth and nose before moving to your next exercise.

This means the only time masks are off is during classes, in the pool, or when you are on the cardio equipment.

Thank you for helping to keep our CCBA community safe!

Practice social distancing

Please remember to stay a safe distance of at least 6 feet apart from other members at all times.



