

Bettendorf Life Fitness Center Message for Reopening

Questions: 563-344-4119

Life Fitness Center is now open to members AND non-members!

LFC summer hours:

- Monday – Thursday: 5:00 a.m. – 8:30 p.m.
 - Friday: 5:00 a.m. – 8:00 p.m.
 - Saturday: 6:00 a.m. – 2:00 p.m.
 - Sunday: 8:00 a.m. – 2:00 p.m.
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- We ask that any symptomatic individual with fever, cough, and shortness of breath stay home.
 - Hand sanitize application will be required upon entry. Disinfectant wipes provided at entrance.
 - Showers and saunas are now open.
 - LFC indoor pool is now open. Members and non-members must reserve their swim times ahead of time to ensure the standard of 1 member per lane. Call 563-344-4119 to reserve your spot.
 - Personal training is available.

 - Equipment has been spaced to allow for adequate distance from one another.
 - Certain pieces of equipment will not be usable to allow for safe distancing from one another.
 - Spray bottles and rags will be placed on or near equipment. Please clean before and after use.
 - Additional cleaning shifts are occurring weekly.

With these measures in place, we are working to ensure that our members Feel Great, Get Strong, and Live Long safely.