

Bettendorf Life Fitness Center Message for Reopening

Questions: 563-344-4119

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

UPDATED 11-18-20

LFC Winter hours:

- Monday – Thursday: 5:00 a.m. – 8:00 p.m.
 - Friday: 5:00 a.m. – 8:00 p.m.
 - Saturday: 6:00 a.m. – 3:00 p.m.
 - Sunday: 8:00 a.m. – 3:00 p.m.
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- We ask that any symptomatic individual with fever, cough, and shortness of breath stay home.
 - Masks must be worn at all times in the facility except for while exercising.
 - 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. We do allow 2 folks in one lane if and only if they are family members living together.
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 - Personal training is available.
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 - 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.
 - Gatherings for private rentals are capped at 15 or less, and folks are to wear masks except for while eating and drinking.
 - Pickleball and tennis programming is still occurring, but with adjustments in place to control crowds.

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