

# News Release

For Immediate Release: July 3, 2020

## **Life Time Fitness Complies with Executive Order to Protect Public Health**

*ADHS will partner with Life Time Fitness to promote best public health practices for fitness centers*

PHOENIX -- The Arizona Department of Health Services (ADHS) announced today that Life Time Fitness will come into compliance with the Governor's Executive Order 2020-43 and the Department's Emergency Measures. As of noon on July 3, Life Time Fitness will be closing the indoor fitness areas of all of their Arizona gyms. Other services provided by Life Time Fitness, such as the salon, spa, food service, kids clubs, and pools, will remain open for business.

ADHS has agreed to partner with Life Time Fitness to develop examples of best practices for the fitness industry to provide technical assistance for other fitness professionals. On July 2, ADHS issued Emergency Measures in a Notice and Demand for Compliance letter when it was notified that certain fitness centers were not complying with Governor Ducey's Executive Order. These facilities include Mountainside Fitness, Scottsdale Shea; Life Time Fitness, Tempe; and Life Time Fitness, Camelback. The Notice and the Letter required compliance by noon today.

"Life Time Fitness complying with the Governor's Executive Order is in the best interest of all Arizonans," said Dr. Cara Christ, director of ADHS. "We look forward to partnering with Life Time Fitness on developing public health best practices for the fitness industry. We appreciate their willingness to protect Arizonans and provide their time and subject matter expertise."

Mountainside Fitness, Scottsdale Shea has made it clear to ADHS that they will not comply with the Emergency Measures as prescribed in the Notice and Letter and are refusing to close as required by Governor Ducey's Executive Order. ADHS will move forward with seeking to enforce its Emergency Measures against Mountainside Fitness to protect the public health and welfare against the serious threat posed by COVID-19.

With widespread community transmission of COVID-19, and increased testing, ADHS expects to see more cases of COVID-19 in Arizona. COVID-19 is highly contagious and can be fatal. It is imperative that everyone takes precautions to protect themselves and their friends and family from this disease.

The best ways to prevent the spread of COVID-19:

- Stay home except when necessary to go out, especially if you are older than 65 years or have an underlying medical condition.
- Practice physical distancing.
- Wear a mask whenever you are out in public.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Stay home when you are sick.

For more information about the Arizona response to the COVID-19 outbreak, visit [azhealth.gov/COVID19](https://azhealth.gov/COVID19).