Bettendorf Life Fitness Center Message for Reopening

Questions: 563-344-4119

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

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.

- 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.
- LFC indoor pool is closed until further notice.
- 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.
- Private parties are being allowed, but social distancing must take place and masks must be worn except for while eating or 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.