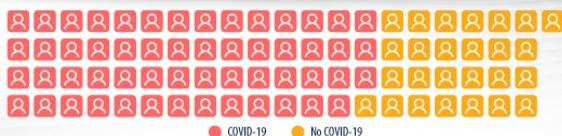


February 24, 2021



EARLY RELEASE

Among 81 attendees of indoor high-intensity fitness classes during one week, 68% developed COVID-19



22 attendees with COVID-19 participated in classes on or after the day symptoms started

Gyms should

- Require Masks During Exercise
- Require Physical Distancing
- Decrease Class Sizes
- Improve Ventilation

CDC.GOV

bit.ly/MMWR22421b

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[COVID-19 Outbreak Among Attendees of an Exercise Facility – Chicago, Illinois, August-September 2020](#)

[Community Transmission of SARS-CoV-2 at Three Fitness Facilities – Hawaii, June-July 2020](#)

PDF of these reports ([link](#) and [link](#))



MMWR Weekly COVID-19 Briefing Podcast: Week of February 15

The latest [MMWR Weekly COVID-19 Briefing](#) is live. This week's episode covers six reports, including the detection and spread of COVID-19 variants in the United States, emphasizing the critical role telehealth plays in ensuring access to care, and more. Listen and subscribe on: [Apple Podcasts](#), [Stitcher](#), [Spotify](#), and [Google Play](#).



Centers for Disease Control and Prevention

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