

## Phase One Reopening

Your Health Is Our #1 Priority

*The following guidelines will be enacted based on Phase One Reopening Guidelines from the CDC*



**OUR GOLDEN RULE:**

**Do it for each other.**

- Clean your equipment
- Maintain 6ft spacing
- Sanitize your hands

### General Guidelines:

#### **Members**

- Contactless check in and point of sale
- Maintain 6ft distance from co-members while exercising
- Will be asked to clean their equipment before and after each use
  - In addition to regular cleanings by staff
- No groups or programming larger than 10 people
- Vulnerable populations are encouraged to remain home
- We encourage members to have masks available, but not use them during aerobic exercise

#### **Employees**

- Intensive employee sanitation and health safety trainings
- Employee health screening performed daily
- Employees who interact with members at points of contact will wear protective masks and have temperature checks

#### **Facility Sanitation**

- Before reopening, all facilities have been thoroughly sanitized with CDC approved products
- All fitness equipment and gathering areas will be cleaned on an increased schedule
- Additional sanitation stations have been added to all areas

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In addition to thorough reopening sanitation, an increase in consistent cleaning, comprehensive employee monitoring and training, the following policies have been put in place.

## Temporary Club Hours For All Locations:

**Monday - Friday: 4:30am to 10pm**

**Saturday & Sunday: 7am to 4pm**

<b>Available For Members to Enjoy</b>	<b>Not Yet Available</b> <i>But quickly returning in Phase Two Guidelines</i>
Fitness Floor Workouts	Water Fountain & Bottle Fillers <i>(Pleaser bring your own hydration)</i>
Cardio Machines	Showers, Wet Areas & Daily Lockers
Virtual Group Exercise Classes	Group Exercise Studios
Meal Prep Pick Up & Prepackaged Items	Child Care Services
Pools are open for Lap Swimming	Pools are closed for Free Swim
Tennis Courts & Lessons	Equipment rental for tennis, racquetball or any equipment
Personal Training	Team Training
CrossFit Classes Outdoors	Sports Complex
Indoor Tanning Beds	Spa Services

*Children under the age of 15 must have an adult present for programming, no drop off.*

# Phase Two Guidelines

Will see the reopening of:

- Locker Rooms with limited capacity
- Group Exercise classes with capacity limits per studio
- Child Care with low ratios
- Camps with low ratios
- Swimming & Programming resume as normal
- Expanded hours
- Increased sanitation procedures will continue including:
  - New guidelines for spacing, equipment cleaning and timing between classes
  - Requirements for hand sanitizing and health screenings in children's programs
  - Return of Senior Programming
  - And More

# Phase Three Guidelines:

- All programs and classes return to normal operation
- Vulnerable population hours will be M-F 1pm to 3pm