

Phase 1 F.A.Q.

What are the Club Hours?

Our club will be M-F from 5am-8pm and Sat/Sun from 7am-4pm to allow for additional cleaning every night.

What is the club doing to ensure my safety?

We have installed additional EPA approved hand sanitizer stations, added disposable disinfection wipes for equipment, hired roving cleaning staff, had HVAC units professionally cleaned, ensured social distancing areas in the club, added HEPA filters in high use areas to remove air particulates and are following all governmental rules to ensure you are safe!

Which amenities will be available?

Upon re-opening, the state has mandated to limit some amenities to ensure member safety. Pools, showers, sauna, steam, hot-tubs, kids klub and adventure zone will not be available in Phase 1. There are no ball games allowed in phase 1. You can use the Racquetball and Basketball courts individually for practicing drills. We cannot provide loan equipment to you at this time.

Will I have access to the locker rooms?

Yes. Only the showers are closed. Many lockers are zip tied to help with social distancing. Please allow 6' distance between you and others while in locker areas. We suggest you arrive at the club ready to exercise.

Can I bring guests?

Not during Phase 1 and this includes family guests as well.

How can members help keep the facility clean and healthy?

Our new expectations as a partner in health, is that members clean/sanitize all areas you touch after use with our disposable disinfectant wipes or our hospital grade disinfectant spray and towels. Also, do not attend the club if you feel sick, have a cough or fever.

What is the policy on policing other members?

We are a small community of good people, and we have all been through hardship lately. Please do not take it upon yourself to police other members. If a member is extremely out of line and putting others in danger, report it to the desk, but none of us want to have the club become a police state.

Will Family Times be available and what can families use?

Family basketball court time will be M-Th from 1-4p, Friday from 1-8p and Sat/Sun from 12-4p. You may reserve a basketball hoop for 1 (one) hour with 24 hours advance. You may only use those areas with your direct, live in family members and please remember to bring all your own equipment. Basketball games are prohibited, but shooting is allowed. Ex...a game of HORSE is appropriate.

How do I reserve a racquetball or basketball court for my own private use and how long do I get it for?

You may reserve a either a basketball or racquetball court with 24 hrs advance for 1 hour increment for your individual use. Basketball court may be used during family court times (see front page).

Can I use the drinking fountains?

You may use the bottle fillers only. These are located upstairs by the bathrooms and downstairs by the weight room exit door. By mandate, staff will no longer be able to provide you with either ice or water at this time.

What is the Group Exercise Schedule in Phase 1? GX classes start June 1. Classes held in Basketball Gym unless otherwise indicated. First come first served.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
8am—8:45am	YOGA	YOGA SCULPT	YOGA	YOGA SCULPT	YOGA	
9:15am—10am	BOOT CAMP	SPIN IT (SPIN RM)	BOOT CAMP	SPIN IT (SPIN RM)	BOOT CAMP	
10:30am—11:15am	CARDIO JAM	BODY PUMP	CARDIO JAM	BODY PUMP	CARDIO JAM	
11am-11:45am						KIDS BOOTCAMP
11:45am— 12:30pm	SENIOR YOGA	YOGA 101		YOGA 101		
6pm—6:45pm	BODY PUMP	CARDIO JAM	BODY PUMP	CARDIO JAM		

Do I need to bring my own equipment for basketball, racquetball and classes?

During phase 1 we will not be providing basketballs or racquet equipment. Club will provide Body Pump equipment and yoga mats during classes, however, we do recommend you bring your own equipment if possible.

What if the amenities available in Phase 1 don't work for me and I want to continue to freeze? We will extend you a FREE freeze for one month. You will be responsible for the freeze fee of \$15 after that and will be subject to normal freeze policies.

If I cancel, can I come back at the same rate and membership?

Not necessarily. You will be subject to whatever current memberships and their respective fees are at the time of rejoining. We suggest you remain active or freeze your membership.

Will I get a pro-rated reduction in dues to compensate for the March closure?

You will be getting the last 5 days of May FREE, we will not be closing for cleaning weekend and we are extending another month of free freezing if asked....so this makes up for the missing days in March.