

Dear Fitness Member,

First of all, thank you for patience over this difficult time for everyone.

We were hoping to be up and running for the 4<sup>th</sup> of July, however due to government guidelines we have had to push it back to 25<sup>th</sup> July. We have been working hard to set up provisions for when we are allowed to open the fitness facilities, with members personal safety being our primary focus.

### The Gym

Due to the floor space in the gym and current social distancing measures, there is a need in the short term to introduce bookable time slot. This will allow members to use the facility whilst maintaining a safe distance from others. These slots are in one hour blocks with 6 member spaces available per hour. Booking of these spaces can be made via the [online booking system](#). Instructions for booking these slots are on the “member update dated 15<sup>th</sup> July” link on the website’s homepage.

There will be a one-way system in operation with entrance to the gym through reception and into the gym as usual. We ask you to swipe your membership card to help us track member attendance, however, the doors will be propped open. When leaving the gym please use the fire door by the fitness desk and walk up towards the bowling green and then back down to the car park, this will be an excellent way to burn a few extra calories and cool down after your workout. We ask you to sanitise your hands on entering and leaving the gym using the sanitisers provided on the walls. During your work out can we please ask you to be respectful to other fitness members by using the spray and blue roll provided to wipe down equipment and touch points before and after use and discard the blue roll in the bins provided. Please maintain social distancing whilst in the club, to help achieve this some cardio equipment will be switched off and there will be marked out zones on the resistance side of the gym floor.

For the first week of opening we will be running shorter opening hours with the view to extending where possible for the week commencing 3<sup>rd</sup> August.

From the 3<sup>rd</sup> August we will unfortunately only be opening the showers and changing facilities from 6am-8am Monday to Friday and will not be able to open the sauna at all as of yet. In addition we will be turning the water machine off so please remember to bring your own drink, and towels will not be allowed to be taken into the gym due to government advice, but please do use the blue roll and sprays provided to wipe down equipment when you have finished.

Please find below the opening hours for the gym week beginning 3<sup>rd</sup> August:

Monday – Friday	
6am-10am	4 x 1 hour slots
10am-11am	Closed for cleaning
11am-3pm	4 x 1 hour slots
3pm-4pm	Closed for cleaning
4pm-7pm	3 x 1 hour slots
7pm	Closed for cleaning

Saturday & Sunday	
8am-12pm	4 x 1 hour slots
12pm	Closed for cleaning

\*Off peak members can now temporarily use the gym any time at weekends

### Indoor Studio Classes

Similar to the gym floor the need to adhere to government guidelines means we will temporarily reduce class sizes to 10 to ensure appropriate social distancing is maintained. We ask you to wait outside the studio to allow the previous class to finish and equipment to be cleaned and put away. There will also be a one-way system in place where members will enter the studio as before, but exit through the fire door and then turn right into the car park. This will allow the next class to enter the studio without any cross over. We also ask you to sanitise your hands on the way into the studio and when leaving the studio using the sanitisers provided.

Although most classes will remain one hour long the instructors have been asked to deliver approximately 45-50 minutes of class content which leaves time for equipment to be cleaned and members to leave the studio ready for the next class to begin. There will be boxes marked on the floor for each member attending and we ask you to stay in the box for the length of the class. Each member will have their own equipment for the class and will be asked by the instructor to wipe down any equipment used at the end using the blue roll and sprays provided. Due to the difficulty of cleaning mats we ask that you please bring your own mat, we do have some available to purchase at reception. Please also remember to bring your own drink and unfortunately towels will not be allowed in the studio.

We are working hard to get the class timetable as close to how it was before, however in the short term due to instructor's personal circumstances there maybe some changes in classes and which instructor delivers the class.

We hope you understand the need to put these measures in place for the safety of all our members and staff, but as soon as it is possible and safe to do so we will try to get things back to normal. As you can appreciate this is an unprecedented time and circumstances, the measures we have taken are on a trial basis and we will be constantly reviewing and adapting where possible based on government advice but always with the personal safety of our membership being the main priority.

Many Thanks for your understanding and co-operation and we hope to see you all soon back at the club.

Kind Regards

Tom and the fitness team