



To Our Navicent Health Employees and Navicent Loft Tenants,

June 8, 2020

- We are pleased to inform you, effective Monday, June 15, 2020, Employee Fitness will open to limited hours, **6:00am-7:00pm, Monday-Friday, no weekends.**
- The information below has been determined with the safety of our members and staff as our highest priority.
- Members please set up your online member portal, www.ourclublogin.com/510541. Use your scan card number as your user and password. While this portal will allow for a number of options, currently it is available to update contact information and check visit history. Employees will still be payroll deducted for any dues and charges.
- Employees wanting to set up a membership, find the four (4) forms and well as a FAQ sheet on the website, www.navicenthealth.org/wellnesscenter. Scan all completed forms to EmployeeFitness@NavicentHealth.org (not case sensitive). You will receive a confirmation email and a scan card at the address listed on your application. A **valid email address and cell phone number are required.**

What can I expect upon my arrival to Employee Fitness?

- Touchless, temporal temperature check performed by a staff member (REQUIRED)
- Daily waiver acknowledgement (REQUIRED)
- Check-in and check-out process to control social distancing and occupancy (REQUIRED)
- Properly worn masks or face-coverings are required for members and employees while inside the facility (REQUIRED); *the gym will not provide masks for members – you must provide your own mask or face-covering.*

What are my responsibilities during my visit to Employee Fitness?

- With our occupancy control limits in place, please limit your amount of time in the gym to one (1) hour or less to allow other members access to the facility
- Please do not gather in groups inside the facility
- Be mindful of social distancing. Occupancy rate signage will be in place.
- Please respect signage and staff guidelines.
- Thoroughly wipe down equipment after use.

What fitness options will be available at Employee Fitness?

- A safe, clean, and disinfected environment for your return.
- Cardio equipment on the fitness floor is available with social distancing considerations.
- Weight machines on the fitness floor are available with social distancing considerations.
- Free weights are available with social distancing considerations.
- Virtual Training; The Wellness Center has been providing *FREE* virtual content during our shutdown. The content remains available on our Facebook page and website. We will continue to provide limited virtual content for an undetermined amount of time.
- Fitness on Demand (FOD), with over 300+ fitness classes, in the group fitness room will be available. Please be mindful of social distancing between participants.
- Showers and lockers will be available.
- All towel service, large and small, will be available.
- We will offer limited personal training with social distancing.
- Limited massage therapy sessions are available by calling the Massage Line, 478-757-7808.
- Again, we want to thank you for your patience and understanding while we work through this process. We know many of you are anxious to return to regular exercise and we are confident the practices and procedures we've put into place have resulted in a safe environment for you to visit. The details in this communication will remain in effect until we are confident we can safely offer additional services.

We hope to see you very soon and as always, please do not hesitate to contact us with any additional questions or concerns.

Phone: 478.477.2300 *** Email: EmployeeFitness@navicenthealth.org *** Website: navicenthealth.org/wellnesscenter

Employee Fitness, Navicent Health