



To Our Valued Wellness Center Members,

May 15, 2020

**RE: REOPENING**

We are pleased to inform you, effective Monday, June 1, 2020, Wellness Center, Navicent Health will return to operations as a fitness facility. **The safety of our members and staff is our highest priority.** We plan to re-open the Wellness Center facility on Northside Drive in phases and will begin operations on June 1, 2020 **following the State of Georgia's Phase 1 guidelines.** At this time, we do not have an opening date for our Navicent Health Employee Fitness location.

We thank you for your continued patience and understanding while we carefully review rules and regulations and plan for your safe return. We know you have many questions about what to expect! This communication should prepare you for your return to the gym. As always, please don't hesitate to contact us with any additional questions or concerns. ***You will find all necessary contact information at the conclusion of this communication.***

***What can I expect upon my arrival to Wellness Center, Navicent Health?***

- 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.*
- Phase One (1) Hours of operation:
  - Monday – Thursday 7:00am - 7:00pm
  - Friday & Saturday 7:00am – 6:00pm
  - Sunday 10:00am – 6:00pm

***What are my responsibilities during my visit to Wellness Center, Navicent Health?***

- 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
- Please respect signage and staff guidelines
- No water fountain use. Please bring your own hydration to the gym or purchase from our vending
- Thoroughly wipe down equipment after use

***What fitness options will be available in Phase One (1)?***

- A safe, clean, and disinfected environment for your return
  - Additional hand sanitizing stations.
  - Additional micro-fiber towels to use with our disinfecting spray.
  - Addition of disposable paper towel dispensers to use with our disinfecting spray.

- The walking track will be available with capacity restrictions.
- 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.
- Fitness On Demand FLEX; If you are still sheltering-in-place, we have an option for you! Please email us at [wellnessservice@navicenthealth.org](mailto:wellnessservice@navicenthealth.org) for more information.
- 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 virtual content for an undetermined amount of time.

### ***What Is Not Available During Phase One (1) at the Wellness Center?***

- There will be no access to any programming for Golden Opportunities, Cancer Wellfit or Power Over Parkinson's programs.
- The pool remains closed.
- Showers remain closed.
- Locker room access is available for restroom use only, no showers. Please plan your clothing choices accordingly.
- We will not have access to day use lockers; the small lockers in the lobby *WILL* be available.
- No large towels available; small towels will still be available.
- The sauna remains closed.
- We will not offer group fitness classes.
- There will be no access to the cycle room; a small number of spin bikes will be placed for members to use.
- We will not offer personal training.
- No basketball is allowed.
- No racquetball is allowed.
- There will be no access to the H.E.A.T. room.
- We will not offer childcare.

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 will notify members via email and social media when we are able to open additional services and move to Phase Two (2).** 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: [wellnessservice@navicenthealth.org](mailto:wellnessservice@navicenthealth.org) \*\*\* Website: [navicenthealth.org/wellnesscenter](http://navicenthealth.org/wellnesscenter)*

***Wellness Center, Navicent Health***