

To Our Valued Wellness Center Members,

June 8, 2020

UPDATED AUGUST 11, 2020

- We are pleased to inform you, effective **Monday, June 15, 2020**, Wellness Center, Navicent Health will return to regular operation hours as a fitness facility in our **PHASE Two (2) opening**. **The safety of our members and staff is still our highest priority**. **Phase 2 will continue to be open for MEMBERS, and now fitness pass holders and paying guests**. However, those wishing to join may print and fill out all needed paperwork from the website, www.navicenthealth.org/wellnesscenter.
- Additionally, if you are a Navicent Employee or Navicent Loft Tenant, our Employee Fitness location will also be opening, with limited hours. (separate letter to follow)
- Wellness Center Phase Two (2) Hours of operation:
 - Monday – Thursday 4:45am – 9:00pm
 - Friday 4:45am – 8:00pm
 - Saturday 7:00am-6:00pm
 - Sunday 10:00am – 6:00pm
- Members please set up your online member portal, www.ourclublogin.com/510541. Use your scan card number as your user and password.

We thank you for your continued patience and understanding while we review rules and regulations for the opening of more programs and services in PHASE 2. **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 over the nose and mouth are required for members, guests and employees while inside the facility (REQUIRED); *the gym will not provide masks for members – you must provide your own mask or face-covering.*
- The pool will be opened for **limited morning aqua classes and reservation only style lap swimming**. Masks will be required to and from your assigned lane. For lane reservation: <https://www.navicenthealth.org/wellnesscenter/group-fitness> OR go to the Facebook page and click on SCHEDULE on the left side of the page (desk top only). Scroll down to find the week, day, lane and time; click the SIGN-UP button. Email Scasta.Brandi@navicenthealth.org with questions.

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.
- Paying guests are allowed with either the Fitness Pass OR Daily Pass. Guests must have a photo and contact information and waiver in our system.
- 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, charge to account only.
- Thoroughly wipe down equipment after use.

What fitness options will be available in Phase Two (2)?

- All options from 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.
- As stated above, the pool is open for limited aqua fitness classes and reservation only style lap swimming, masks will be required to your lane and immediately upon exiting your assigned lane.
- The walking track will be available with capacity restrictions.
- Cardio equipment, weight machines and free weights on the fitness floor are available with social distancing considerations.
- We offer group fitness classes in limited capacity and with limited equipment and occupancy restrictions. We appreciate your patience as we slowly reintroduce our classes. No yoga mats will be available, but we will have mats for sale, which you may charge to your account. The Group Fitness schedule is posted on the website <https://www.navicenthealth.org/wellnesscenter/group-fitness> and Facebook, The Wellness Center, Navicent Health.
- Some showers, but not all, are available.
- We have limited access to day use lockers, you may rent a permanent locker, by the year.
- All towel service, large and small, will be available.
- We will offer limited personal training with social distancing; call Catalina for assistance, 478-633-8504.
- We will offer limited HEAT classes, outside and weather permitting. (schedule to follow, reservations required)
- Massage therapy sessions are available by calling the Massage Line, 478-757-7808, or make an appointment by calling the front desk, 478-477-2300. See the website for other massage information.

What Is Not Available During Phase Two (2) at the Wellness Center?

- There will be no access to any programming for Golden Opportunities, Cancer Wellfit or Power Over Parkinson's programs.
- Some of the showers remain closed.
- The sauna remains closed.
- There will be no access to the cycle room, but we are excited to let you know that the space has been revamped with new paint and new flooring! A small number of spin bikes will be placed for members to use in the group fitness room.
- No basketball or racquetball play is allowed, but Middle Georgia State University has just opened those areas and community members are welcome.
- Childcare is closed for now.

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: WellnessService@navicenthealth.org *** Website: navicenthealth.org/wellnesscenter

Wellness Center, Navicent Health