



May 28, 2021

Dear Fitness Member-

Throughout the coronavirus pandemic the health and safety of our members and staff has been our highest priority at **Valley Health Physical Rehabilitation & Fitness**. We are very pleased that the reduced level of COVID infections in our community allows for the following changes to be implemented effective Tuesday, June 1:

- The facility will return to 100% capacity.
- Members are no longer required to call before entering the facility.
- Temperature checks are no longer required. However, members should continue to self-screen using the questions posted in the lobby.
- Showers are open and linens are available again.
- Social distancing will still be required on the fitness floor and in the group exercise room. Indoor classes will be limited to six (6) participants to allow for proper distancing.

Because our facility serves therapy patients as well as fitness members, we ask your cooperation by following the following mask guidelines:

- Masks are required during hours when therapy patients are in the facility.
- When therapy patients are not in the facility, fitness members will not be required to wear a mask when ACTIVELY exercising. These hours are Monday-Friday, 7 a.m. - 8 a.m., 12 p.m. - 1 p.m. and 4:30 p.m. to closing, and Saturday, 8 a.m. - 12 p.m.
- At all times, members must wear masks when entering and exiting the facility, walking between machines, using locker rooms, and whenever 6 feet social distancing cannot be maintained.
- Group Exercise Classes: Because the group exercise room is a separate space, members who are vaccinated do not need to wear a mask during exercise classes. We ask that those who are unvaccinated be respectful and wear their mask (honor system).

Valley Health Physical Rehabilitation & Fitness is pleased to be part of your fitness program, helping you achieve your wellness and fitness goals. Help us to continue to keep you safe by complying with these guidelines. Please contact the center at 304-258-8377 with any questions or concerns.

Sincerely,

Kelsey A. Young, MEd, CPT, GEI  
Team Lead, Fitness  
Valley Health Physical Rehabilitation & Fitness