



September 2020
Closed Monday September 7th Labor Day

September Only!

Join for only \$25!

No membership dues until October!

Yes! You Need a Massage!

Schedule a 60 min or 90 min massage & receive a FREE upgrade to a Cupping or Hot Stone treatment.

Benefits of Cupping

Decreases inflammation
Helps with joint mobility
Reduces Stress & Anxiety
Aides with sleeping
Helps move with Lymphatic System

Great for Muscle spasms, Trigger Points & Myofascial Release

Benefits of Hot Stone

Helps relieve muscle tension & pain
Reduces Stress & Anxiety
Promotes better sleep
Helps to relieve some symptoms of autoimmune disease

FREE! 30 Minute Personal Training

Have you had a REASSESSMENT lately?

Start yourself off on the right foot with knowing your numbers, resetting your goals & let us help you celebrate your success! You will receive a **FREE 30 min** Personal Training after you complete a reassessment in September!

Family Fitness Night

Friday September 25th 3:00 pm-8:00 pm

Members **FREE** & Guests **\$5**

Come out and enjoy an evening of fitness & fun for the entire family. Something for everyone!!

Open Family Swim & Pool Volleyball!

3:00 pm-8:00 pm

Boot Camp Kidz (6-9 years)

4:00 pm-4:30 pm (30 minutes)

Boot Camp for Adults

5:00 pm-6:00 pm

*Space is limited - Sign up is required!

COVID Update

We are now entering PHASE 2

Our Hours of Operation have been extended

Monday – Friday 6:00am–8:00pm **Pool closes at 7:00pm**

Saturday 8:00am – 2:00pm

Mask Update- Masks are to be worn by all staff and members with all activities **EXCEPT** during active exercise and in wet areas.

Please continue to wear your mask as you enter the facility and in all common areas.

An Additional Class has been added to the schedule.

6:00 pm Thursday - Check the schedule for details.

Phase 1 precautions remaining in place, based on state guidelines.

Current Restrictions / Requirements

- We are currently abiding by CDC guidelines for capacity regulations and guidelines:
- One entrance (Main Entrance)/One Exit (elevator lobby)
- Temperature scan & Screening questions required
- One-way traffic throughout the center – look for signage
- Mask required while in the general areas of the facility. **(No longer required while active exercising)**
- Immediate hand wash/sanitize upon entering and recommended upon exiting
- Gloves are allowed, but **MUST** be clean upon entry
- 30-minute limit on cardio equipment
- Cleaning all equipment prior to & after each use
- Spotting on free weight floor is not recommended
- Restrooms open – 1 downstairs lobby; 3 upstairs only
- Water Fountains Closed (Bottled water is available for purchase \$1)
- **Pools** –Social Distancing encouraged
1 per lane in lap pool (unless family)
Common Area – Please remain 6ft apart.
<3 in therapy
- **Locker Rooms**-Social distancing encouraged
Women's Locker room - <6
Men's Locker room - <4
2 showers available - men's and women's

Remember your 6-foot rule!!

Social distancing is required; however, it is the member's responsibility to adhere.

Kidz in Motion

Members will need to pre-sign up for a time slot for their children to attend.

Monday	9:00 to 11:00	4:00 to 7:00
Tuesday	9:30 to 12:00	4:00 to 7:00
Wednesday	9:00 to 11:00	4:00 to 7:00
Thursday	9:30 to 12:00	4:00 to 7:00
Friday	9:00 to 11:00	No Evening C/C
Saturday	9:00 to 12:00	

Child Mask Requirements

Children are required to wear a mask into the building.
Masks are to be worn to the fullest extent possible.

Toys

We will have toys available for children over the age of two that will be sanitized after each use. All children may bring their own toys and children under the age of two will need to bring their own. Toys cannot be shared at this time.

Snacks

To comply with the current guidelines, snacks will be prohibited.

Illness

Parents / children are requested to refrain from attending if they are sick, not feeling well or have a family member that has a positive test result or pending results or any symptoms of COVID 19.

We understand the complexity of these requests and are encouraging you to help us follow this guideline.

Thank You! everyone that came out to celebrate our 13th Anniversary & Customer Appreciation Day! We appreciate all of our members and your continued dedication. Congratulations to all the winners! Thank you for making it a great **13 years!**

September Fitness Schedule

Floor

Time	Mon	Tues	Wed	Thurs	Fri	Sat
9:15						Cycling +
9:30	Varies	SS Classic	Varies	SS Classic	Zumba / Floor Circuit	
4:30	HIIT	Cycling	Varies	Varies	No Class	
6:00				Cycling		

Pool

Time	Mon	Tues	Wed	Thurs	Fri
10:00	Arthritis		Arthritis		Arthritis
11:00		Toning		Toning	
5:00	Aqua Fit	Aqua Fit		Aqua Fit	

Heart Attack Risk Program (HARP)

Tuesday September 22nd 8am-11am

HARP is a free screening provided by a Valley Health RN that includes confidential counseling to review your cholesterol and blood sugar numbers and other factors. **12 Hour fast is required.**

COVID 19 Precautions:

To ensure your safety we ask that only one customer board the mobile coach at a time.

All customers must wear a mask and we will ask you a series of self-care questions and check your temperature.