



August 26, 2020

Dear Fitness Member-

Throughout the coronavirus pandemic the health and safety of our members and staff has been our highest priority, and we would like to share updates about the steps that remain in place for your protection:

New Hours

Beginning Monday, September 14, our hours of operation will be Monday, Wednesday, and Friday, 7 a.m. to 5 p.m., and 7 a.m. to 7 p.m. on Tuesday and Thursday. The extended evening hours are being implemented on a trial basis. Please note that 7 a.m. to 8 a.m. will continue to be reserved for members 65 and older, and that the center will remain closed on Saturdays until further notice.

Ongoing Guidelines

- To allow for social distancing, only **12** fitness members are allowed in the facility at a time. To accommodate all of our members, visits will be limited to 60 minutes.
- Members should continue to call the facility from the parking lot prior to entering. You will be advised whether or not you may enter.
- All members and staff will continue to be screened when they arrive. The screening will include a temperature check and questions recommended by the CDC.
- Each member will be required to complete a reorientation upon returning to the fitness center for the first time.
- Enhanced cleaning procedures continue to be followed, including increased frequency as well as new cleaning supplies.
- Face masks are required for members and staff, and are required to be worn even while exercising. Please bring your own mask, as we only have a short supply.
- Please continue to wash your hands before and after exercising.
- Equipment must be wiped off before and after use.
- Showers, linens, and massage therapy are not being offered at this time.
- Personal training, Fit for Surgery, limited group exercise classes are now being offered.

Membership Dues

If your account is on a hold/freeze and you would like to return earlier than originally planned, please call the center at 304-258-8377 to reactivate your membership, otherwise your account will remain on hold/freeze. If your membership has expired, you will have the option to renew the membership upon returning.

Valley Health Wellness & Fitness is eager to be part of your fitness program once again, helping you to achieve your wellness and fitness goals. We ask that you help us to keep you safe by complying with the guidelines above. Please contact me at khall4@valleyhealthlink.com with any questions or concerns.

Sincerely,

Kelsey A. Hall, MEd, CPT, GEI
Fitness Team Lead