



June 25, 2020

Dear Fitness Member-

Valley Health Physical Rehabilitation & Fitness will run **Phase 2.5** of reopening beginning Wednesday, July 1, 2020 through Friday, July 31, 2020. Thank you for your understanding as we continue to follow state guidelines to help ensure the health and safety of our members and staff. These guidelines are subject to change at any time in response to changing recommendations.

During **Phase 2.5**:

- Hours of operation will be 7 a.m.–6 p.m., with 7 a.m.–8 a.m. designated for members 65 and older.
- The center will remain closed on Saturdays until further notice.
- Members will be allowed to exercise for up to 45 minutes.
- Personal training, Fit for Surgery, and limited group exercise classes will be offered.

Even as the facility reopens, the health and safety of our members and staff remains our highest priority, and we would like to remind you of the steps being taken to help protect you:

- Enhanced cleaning procedures have been implemented, including increased frequency as well as new cleaning supplies.
- To allow for social distancing, only **12** members will be allowed in the facility during Phase 2. We will be opening up to new members and guests at this time.
- All members must call the facility from the parking lot before entering. You will be advised whether or not you can enter. Monitoring the number of members in the facility will ensure adequate space for social distancing.
- All members and staff will be screened when they arrive at the center. The screening will include a temperature check and questions recommended by the CDC.
- Face masks will be required for members and staff. Face masks are required to be worn by members even while exercising. We would appreciate if you would bring your own mask, as there is a short supply. However, if need be, we will have a few on hand to provide to members.
- There will be a handwashing station as you enter the fitness floor. Please wash your hands before and after exercising.
- Equipment should be wiped off before and after use.
- Showers, linens, and massage therapy will not be offered at this time.
- Each member will be required to complete a reorientation upon returning to the fitness center.

The center will tentatively move to **Phase 3** on Monday, August 3, 2020. Phase 3 will mean resuming normal operations. Advancing to each next phase will only occur if the number of cases of COVID-19 declines or remains the same.

### Membership Dues

If your account is on a hold/freeze and you would like to return earlier than originally planned, just call the center to reactive your membership. If you would like your account to remain on a hold/freeze, please call the center to do so. If your membership has expired you will have the option to renew the membership upon returning. All new renewal of memberships will have funds withdrawn on the 1<sup>st</sup> of every month. All memberships that are not yet expired will continue to have their same withdrawal date until the membership expires.

Valley Health Wellness & Fitness is eager to once again be part of your fitness program, helping you to achieve your wellness and fitness goals. Please help us to keep you safe by complying with the new guidelines. Contact Kelsey Hall, Fitness Team Lead, at [khall4@valleyhealthlink.com](mailto:khall4@valleyhealthlink.com) with any questions or concerns.

Sincerely,

Kelsey A. Hall, MEd, CPT, GEI