



June 2020

Dear Fitness Member-

Valley Health Wellness & Fitness | Woodstock is very excited to welcome our members back to our facility. Even as our center reopens, the health and safety of our members and staff remains our highest priority, and we would like to share the steps that are 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, a limited number of members will be allowed in the facility at any time. The facility will be open for members only. Daily guests will not be allowed at this time.
- All members and staff will be screened when they arrive at the center. The screening will include a temperature check using a forehead scanner 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.
- Please wash your hands before and after exercising.
- Equipment should be wiped off before and after use.
- Group exercise classes, personal training and massage therapy will not be offered during the initial opening phase.

Membership Dues

Billing of monthly membership dues will resume beginning June 15. As a reminder, membership dues for the portion of March that the center was closed will be credited to your account for your June payment, while dues for April and May were not collected.

If your account is on a membership bridge and you would like to return earlier than originally planned, just stop by the center to reactive your membership. Members wishing to initiate or extend a membership bridge should contact the center.

Valley Health Wellness & Fitness | Woodstock is eager to once again be part of your fitness program, helping you achieve your wellness and fitness goals. Help us to keep you safe by complying with the new guidelines. Please contact the center at 540-459-1387 with any questions or concerns.