



Health and Performance

6/12/20

We are excited to welcome you back when we reopen our facility on Wednesday June 17th. We thank you for your support, patience and loyalty. Phys-Ed is more than a gym, it's a family and we miss you and are eager to see you soon.

While we are enthusiastic to reopen, the safety of our team and members is our number one priority. The gym will be operating with responsible social distancing protocols and guidelines and will adapt as they are adjusted. While cleanliness has always been a top priority, we have added additional protocols, supplies and equipment so we may continue to provide a safe environment.

Safety of members and employees:

- Daily wellness and temperature checks for employees.
- Please follow social distancing measures and signage.
- Face coverings in common areas including lobby, locker rooms and weight rooms when unable to social distance (6 feet apart with a mask, 12 feet apart without).
- Members to check-in when beginning their visit.
- Members to wipe down equipment before and after use.
- If you feel sick, have a fever, cough, difficulty breathing or have been exposed in the last 2 weeks please postpone your visit.
- Daily deep cleaning, disinfecting and sanitizing of entire facility including all equipment and weights.

Classes:

- Our schedule will have both indoor and outdoor options
- Indoor classes will follow the 12-foot guideline
- Advance sign up required for classes, call the front desk 860-355-4354
- Subject to change based on class participation and instructor availability

Available:

- Personal Training
- Summer Memberships
- Juice Bar
- Locker Rooms and Showers with every other locker and shower available

Temporarily Unavailable:

- Water Fountains
- Child Care
- Steam and Sauna
- Some equipment to allow for social distancing

Memberships:

- Current members will have access to the club for the remainder of June free of charge.
- Paid in Full memberships will be extended to cover the closure.
- Billing will resume with the next regularly scheduled billing date.

Temporary Hours of Operation to allow thorough cleaning of the facility:

- Monday – Friday 5am – 8pm
- Saturday & Sunday 7am – 4pm

You can help us by being courteous to fellow members and allowing for proper social distancing when accessing or using the equipment. These guidelines and protocols are temporary and will continue to improve as state guidelines do.

With everyone's cooperation we can continue to put the fun in fitness and ensure everyone's health and well-being.

Look forward to seeing you soon!

Eric & Amber