



# WELCOME HOME MHCC MEMBERS!

## WELLNESS CENTER PROTOCOLS

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**In order to ensure your safety and to provide a comfortable atmosphere, the following new protocols and procedures will be in place.**

- A limited number of individuals (members and employees combined) will be permitted in the fitness center at any one time to ensure proper social distancing can be maintained.
- Group Exercise Classes held in the group exercise room will be limited in size and scope to ensure proper social distancing.
- In all areas of the fitness center, including locker rooms and the members services desk area, Members **are required** to maintain safe, **6-foot, social distancing** at all times, and to **wear facemasks** upon entering the building, and upon completion of their workout. No exceptions.
- Equipment in the cardio area will be limited, with some machines unavailable in order maintain an effective social distance for all Members.
- Members will be asked to disinfect any equipment they are using both before and after use with the disinfectant wipes or spray provided. An attendant will be available to assist when needed.
- Members are asked to provide their own towels, water bottles, and as needed their own personal mats. We will provide bottled water by request. Cloth towels will not be provided in the gym or the locker room. Mats will not be provided.
- Items such as exercise bands can be checked out and returned through the front desk where they will be disinfected prior to their next use.
- Amenities such as magazines, individual work out sheets, resting or sitting areas, and self-service refreshment stations have been removed from the gym.
- All access to and from the gym must be through the main entrance. All other access doors to the fitness center will remain locked to outside access at all times.
- Due to limited access, only Members will be permitted in the gym at this time, no guests or family members will be permitted.
- Locker rooms will be available for quick access to your personal lockers, to use bathroom facilities, and to wash your hands. Individual day-use lockers will not be available. The steam rooms and showers will remain closed for use until further notice.



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## WELLNESS CENTER RESERVATIONS

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To ensure proper social distancing, we will be following all CDC, State, and County recommendations. As such, a reservation process is now in place for use of the fitness center for workout sessions and group exercise classes.

For daily fitness center access reservations may be made by calling the member services desk at the Sports Club at 760-324-6232. Beginning Friday, June 12, at 7:00am, Members may make reservations for 50-minute workout sessions at the top of each hour, with no back-to-back bookings accepted. If you choose not to make a reservation you will only be permitted to enter the gym if there is an open, unused space available.

- Members may make only one 50-minute workout reservation per day.
- Members may make reservations only for themselves or other family members on their membership. No guests will be permitted.
- Reservations are accepted for the top of each hour of operation (i.e. 6:00-6:50am, 7:00-7:50am, etc.)
- Reservations for individual workout sessions may be made up to 7 days in advance.
- If any 50-minute period fills we will maintain a waiting list and contact those on the list by phone on a first-come, first-served basis as cancellations are received.
- If you are 10 minutes or more late for your session (without calling in to 760-324-6232 during operating hours) your spot will become open to any walk-in Member. *Session end times will not change, regardless of the late arrival.*
- Please be respectful of fellow Members and provide at least 24-hour cancellation of any unneeded reservations.
- There will be a hard ending time when the session is over (i.e. 9:50am): Members will be required to leave, and we will then sanitize the fitness center over the next 10 minutes in preparation for the next hour's reservations. *Please plan your workout accordingly.*

Reservations for group exercise classes will be available by calling the member services desk at The Wellness Center at 760-324-6232 and can be booked 7 days in advance. To begin, members will be limited to 1 group exercise class reservation per day but you are welcome to call 24 hours in advance to see if additional space