

January 15, 2021

Dear valued members,

The year 2020 has been a long journey of adapting to a new way of life. There have been so many changes and so much loss. And yet I have, and continue to be, inspired by the creative transformation that have been made to not only survive this pandemic, but to embrace life safely and as fully as possible.

Planning for the safe reopening of the fitness center has also required many modifications. This process has been a complicated one with many layers to unfold. We appreciate your continued patience and support as we work toward our goal to safely reopen and stay open.

**We are so very excited to announce that we will begin our phased reopening of Betsie Hosick Health and Fitness Center on February 1, 2021!**

**On Thursday, January 28, 2021, BHHFC will be open for you to preview the changes. You are welcome to stop by in person and have a look anytime between 5:00 pm to 7:00 pm**

**Masks and social distancing are required.**

As I am sure you have experienced with other businesses, many changes have been made at BHHFC. Our opening will begin with a phased approach that will allow us to ensure the precautions we are putting in place are working well, provide adequate staffing and provide the time to adjust our operations as necessary. Some of the changes are outlined on the following pages.

During the pandemic closure all current memberships were put on hold and transferred to our new software. If you are not comfortable in using the facility with the temporary changes and requirements necessary, you may continue to leave your membership on hold.

BHHFC's role in the community not only offers the space for physical exercise, but social and emotional wellness. Due to the current social and physical guidelines, socializing with other members and staff inside the facility at this time will be a challenge. Our hope is that for now, the ability to be physically active will be beneficial until more socializing can safely occur. I can speak for the entire staff when I say that we are looking forward to seeing you again in person in a safe and socially distanced environment.

Thank you for your continued support as we work through the many procedural changes required to reopen in a safe manner.

Stay safe,

*Jennifer Murtaugh*

Fitness Center Operations Coordinator

**BETSIE HOSICK HEALTH & FITNESS CENTER**

 **MUNSON HEALTHCARE** Paul Oliver Memorial Hospital

## Group Fitness Classes

Group classes will not be offered during the initial reopening plan. However; we are excited to offer virtual fitness classes taught by our own amazing instructors. Classes will be livestreamed through our new MindBody software. You can register for virtual classes by creating login at <https://www.mindbodyonline.com/> or by downloading the Mindbody app.

## Hours of Operation

- Monday, Wednesday, Friday: 6 am – noon
- Tuesday, Thursday: 1 pm – 7pm

## Facility Information and Protocol Changes

- Masks will be required at all times in the facility, including while working out. There are no exceptions. Members must provide their own masks.
- Members will enter through the main doors and proceed to the screener station, before working out. Everyone is required to stop at the screener station and to scan their key fob before exercising. New key fobs will be issued to all members. If the screener has stepped away, please wait until s/he returns.
- To ensure the facility is available for member exercise and adhere to social distancing recommendations, socialize outside the buildings and away from the walkways.
- Mats and small equipment can be checked out for use as you enter through the screener station. Any items checked out should be returned to the cart in the lobby for disinfecting by staff.
- The following amenities are suspended:
  - Coffee service
  - Towels
  - Drinking fountain, with the exception of the touchless refill. No plastic cups available for use.
  - Water/beverage and headphone sales
  - Locker Rooms. Members need to keep their belongings with them or in their cars. Personal belongings and key fobs cannot be left at the front desk.
  - Showers. The lobby bathroom is open. Arrive dressed to work out and plan to shower at home.
  - TV remotes not available. TVs will remain on the channels we put them on.

- The following modifications have been made to each room:
  - The Loft: will be open to members 15 years old and up on Monday, Wednesday, and Friday mornings. Youth under the age of 15 years may visit The Loft on Tuesday and Thursday evenings accompanied by an adult. Capacity: 3
  - Basketball Court: Is currently closed for basketball. The basketball court will house some cardio equipment and be available for socially distanced exercise. Capacity: 6
  - Racquetball Courts: Closed.
  - Studio: Is available for socially distanced exercise when not being used for virtual classes. Capacity: 5
  - Cardio: Members must observe a 30 minute limit for all cardio machines, even if members do not perceive there is a wait, since there may be someone waiting, but not waiting near the machine to appropriately adhere to distancing recommendations. No walking or standing between the treadmills. Capacity: 6
  - Cybex: All Cybex equipment will be available, however; to adhere to social distancing recommendations, every other piece of equipment should be unoccupied. Capacity: 6
  - Lobby: All furniture has been removed. If members wish to socialize do so outside the building away from walkways.
  - Entryway: Community bulletin board has been removed to reduce congregating in this traffic flow area.

### **Membership Procedures & Information**

- All members must complete and sign a new membership application and a COVID Code of Conduct, included in this mailing. If you would like to complete and return these forms ahead of time, you may email them to [bhhfc@mhc.net](mailto:bhhfc@mhc.net).
- No cash transactions at this time. Credit card transactions only.
- 60 minute time limits for each visit; 30 minute time limit for cardio machines
- Day/Week passes will not be sold during this time.