

# Fitness Classes COVID-19 Edition

Are you planning to attend a fitness class at the Penhold Multiplex? Here are some important new things to know:

1. Please call the Fitness Centre well ahead of time and book into the class. During this time we will be capping the number of participants per class to help adhere to the provincial guidelines on physical distancing.
2. Class sizes also depend on how many weight sets fitness needs to provide, in order to maximize how many people can attend we recommend bringing your own weights. It is recommended by provincial health that whenever possible to have participants supply their own equipment (weights, mats, etc.). Please talk to fitness staff to find out what weights and other equipment is needed.
3. Come dressed for your class and bring your own water bottle. Please don't bring any extra bags or clothing as lockers are currently unavailable. Some classes will be hosted outdoors (weather permitting) and some classes will be hosted in the gymnasium so please dress appropriately.
4. Give yourself an extra 15 minutes, or more if possible, before class begins to complete all appropriate pre-screenings.
5. Upon arriving at the Multiplex please go to the Fitness Centre prior to going to your class location. You will be required to fill out a COVID-19 pre-screening form, staff will take any needed payment, and you will be given a wrist bracelet to confirm that you have checked in. Instructors will be looking for your bracelet, no bracelet = no class.
6. Use only the equipment that is provided to you, please don't share with other members of the class. Along with any equipment you need for the class each participant will be given their own disinfectant bottle and towel to wipe their equipment at the end of class.
7. Please respect the physical distancing recommendations and remain in your area during the workout. This is to help keep you and others safe.
8. Once your class has concluded please place any of your borrowed equipment in the specified location (instructors will indicate) after you have disinfected it. Place your disinfect bottle and towel on the provided cart.
9. It is recommended to spend as little time in the building as possible, so please try to reduce any extra time you spend after class within the Multiplex.

Thank you for your understanding in this new process as we work our way through this new fitness era during COVID-19. Our goal is to provide as many of our regular services as possible while keeping everyone safe and healthy.