

FAQ – Fitness Centre Re-Opening

1. Is the Track open?

Yes the track will open on June 22nd. Call the fitness centre if you are curious about the hours of the track.

2. Is the locker/change room available? Are the Showers available?

The lockers and showers will not be available at this time. We asked that you come ready to workout bringing in only the essentials (Fitness ID card if you have one, running shoes, water bottle). The bathroom portion of the change room will be available for use.

3. Will there be equipment blocked off or out of use?

We are working to put plastic barricades between our pieces of equipment that cannot be moved. When you come into the fitness centre you will see barriers between all the cardio equipment as well as some barriers between the strength circuit equipment and the free weight bench area. There will also be plexi glass at the front desk.

4. Do I have to wear a face mask/covering?

No. As outlined by Alberta Health wearing a face mask during intense physical activity can be a detriment to your health. If you feel comfortable wearing a mask to and from the fitness centre you are welcome to do so.

5. My membership was halfway through the month when the fitness centre closed, do I lose that time?

All time that may have been lost on a membership will be honoured. We will work to ensure that every member is pro-rated correctly, most automatic memberships will see a varying fee for their July payment and then their August fee will return to their pre COVID amount.

6. When will fitness classes return?

We are working to create a class schedule for July. More information will be available in the coming 2 weeks in regards to what classes are offered and what days and times they will be offered at.

7. Will there be an occupancy limit for the fitness centre?

Yes. To begin we are going to limit the fitness centre to 20 members. You may be asked to wait or walk the track until there are less people within the fitness centre. This number will be re-evaluated as needed as we begin to open up.

8. What doors should I use to enter the building?

You can use either the main Multiplex doors or the north door fitness entrance.

9. Can I use the tanning bed?

Yes, however we ask that individuals wishing to tan call the fitness centre beforehand to ensure that the bed is available. Waiting in the entrance of the fitness centre will not be permitted.

10. Cleaning down equipment after I use it?

Cleaning the equipment is mandatory. All equipment that is touched must be wiped down, this includes dumbbells, weight plates, and cable attachments. Upon enter the fitness centre you will be given an individual bottle of disinfectant and a towel to wipe down your equipment. You will not find the disinfectant bottles around the fitness centre at this time. Staff will also be increasing our cleaning, but we appreciate your help in keeping things clean!

11. Is there a waiting area in the fitness centre if the centre is at capacity or if someone is tanning?

Waiting inside the entrance of the fitness centre will not be permitted at this time. If you are waiting to work out and the centre is at capacity please either take a walk around the track or wait in your vehicle. If tanning please call ahead of time to ensure the bed is available.

12. Will there be any COVID-19 screening/assessments?

Upon entry of the fitness centre all members must sign in at the front desk with the fitness attendant. You will be asked a series of questions regarding COVID symptoms. If you answer yes to any of the questions you will not be allowed to enter the fitness centre on that day. This must be completed every time you come to the fitness centre.

13. Is the gymnasium open?

The gymnasium will be available for individual drop-ins or for use by fitness members. Individuals wishing to use the gymnasium must bring their own equipment for use (i.e. badminton rackets, basketballs). The Town of Penhold is not currently planning to organize Kid's Gym, basketball, or Pickleball.

14. Will there be a special time for seniors or immune compromised individuals to use the fitness centre?

Yes. On Tuesdays and Thursdays we will be blocking time off for our senior members (55 yrs +) and immune compromised individuals from 9:00-11:00am. We ask that these two times be restricted to these groups and appreciate everyone's cooperation.

15. Will I be required to book a time with individual pieces of equipment?

Not at this time. We are working to place the plastic barriers between equipment so that we do not need to reduce the number of operating pieces of equipment. As long as we are able to keep each piece of equipment operating signup sheets will not be required.