



## **Operating Procedure for Fitness Excellence CLASSES** **during COVID19**

**Business: Fitness First Health Clubs Inc.**

**Date: May 28, 2020**

**Fitness Excellence AND FitExII Classes will begin June 1, 2020**

The following procedures have been put in place for you (the members) safety according to guidelines listed by Vancouver Island Health Authority (VIHA). By following the guidelines listed below we will ensure that there is no spread of illness to other members, and will allow everyone to be able to use the facility.

**\*\*Please note that we have increased cleaning of all equipment.**

**\*\*THE BATHROOMS are open only for washroom use. NO CHANGING or SHOWERING is permitted at this time. PLEASE ARRIVE prepared to work out and bring your own sweat towel.**

**\*\*Only use paper towel and cleaning spray provided. Reusable cloths are not permitted to be used at this time.**

**\*\*Gym usage:** If you have booked for a class you can only partake in the class. No gym usage is allowed before or following the class.

## Class protocol:

1. It is mandatory to book a class in advance over the phone, in person or using Mindbody. Numbers for each class are reduced to allow for proper social distancing guidelines as mandated by VIHA. If you cannot make the class please cancel in advance to allow other members on a waitlist opportunity to attend.
2. **Classes will only run if 3 or more people have booked in advance.**
3. Please arrive 10min prior to the class to ensure time to enter the gym following the COVID19 protocol.
4. Each class participant must adhere to the cleaning protocol as well as entrance and exit procedures (please refer to the Operating Procedures for these protocols)
5. Please use the same items of equipment for the duration of your workout, do not share. Clean all equipment before and after use.

## Class Schedule

*\*Class are booked for 1hr, but may run for 45min*

### Participant #:

**Spin** – 7

**FitExtreme** – 6 (outdoor), 4 (indoor)

**Bootcamp** (FitExII Fanny Bay only) – 6 (outdoor), 4 (indoor)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
615-715AM	SPIN (Celine)		SPIN (Celine)		SPIN (Lynn)	
830-930AM	SPIN (Celine)	FitExtreme (Celine)	SPIN (Celine)	FitExtreme (Celine)	SPIN (Celine)	FitExtreme (Celine)
530-630PM		SPIN (Sue)		SPIN (Sue)		
FitExII (Fanny Bay) 530-630pm	Bootcamp (Celine)		Bootcamp (Celine)			