NCH Wellness Members and Users,

We are excited to announce NCH Briggs Wellness is re-opening Tuesday May 26. We take pride in providing our members the best possible service in a comfortable and friendly environment. Your health and wellness is our top priority. We’ll have the following restrictions in place following the CDC and state guidelines. The group exercise class schedule will be available next week and can be viewed at https://www.nchmd.org/wellness. We look forward to seeing you soon!

Whitaker Wellness has an exciting renovation happening and will open in the fall when renovation is complete. One on one massage therapy and personal training appointments at Whitaker will be available starting Tuesday May 26.

Call to schedule massage appointments starting Monday May 18 after 1pm

- Briggs Wellness 239.624.2750
- Whitaker Wellness 239.624.6870

Thank you for your patronage of the NCH Wellness Centers.

Check In / Screening

- Screening Members upon check in
  - 3 questionnaire for all users as they enter the lobby of Briggs Wellness
  - Temperature checks
  - Require Hand sanitizer use when entering
  - Require mask when enter/exit and moving within facility (not required during exercise)
- Limit capacity to 50%
- Credit cards payments preferred (vs cash)
- Front Desk – Tape on floor monitoring check in / screening line

Social Distancing

- Cardio
  - Every third machine will be used (others will be taped off)
  - Directional tape marks for one way traffic within each row of cardio equipment
- Strength
  - Benches will be placed 8 feet apart and monitored by wellness team
  - All strength equipment reviewed to ensure at least 6 feet between pieces. If there is not 6 feet it will be taped off and rotated
- Directional tape will be placed on floor to monitor high traffic areas throughout the facility

Group Fitness Classes

- Team member monitoring door as people enter studio. Limit 1 person in, retrieve equipment, then allow next person in. This will enable 6 feet as participants are retrieving equipment for class
- Members will leave equipment on the floor and Instructors & Wellness team will properly clean/sanitize & restock equipment after class
- Tape mark grids on the floor for each participant
- Capacity of classes will be marked for each studio based on square footage of each studio
- First Come First Serve (Limited attendance per CDC / State guidelines)
- Required to bring own mat for all classes
- Blankets for yoga/meditation have been removed – You’re welcome to bring your own

**Cleaning / Sanitation**

- **Front Desk / Lobby**
  - Members required to use sanitizer during screening process to enter the gym and encourage use when leaving the gym
  - Wellness team wipe front desk and lobby tables hourly
  - Monitor number of people entering / exiting facility

- **Cardio**
  - Wellness Team clean cardio touch points hourly
  - Members use cleaning wipes after each use
  - Nightly cleaning / sanitation of all machines

- **Strength**
  - Wellness Team clean touch points hourly
  - Members use cleaning wipes after each use
  - Nightly cleaning / sanitizing of all areas

- **Group Classes**
  - Members will leave equipment on the floor - Instructors & Wellness Team will sanitize & restock equipment
  - Nightly cleaning / sanitizing of equipment

- **Locker Rooms**
  - Hourly walk through sanitizing all touch points (handles, faucets, flushers, locks on lockers, etc)
  - Nightly cleaning/sanitizing of all areas
  - Remove shared amenities (hair dryers)
  - Every fourth locker available for use only

- **Massage Therapy**
  - Sanitation of massage bed between each client
  - Therapist wash hands within room when client is present
  - Linens sanitized using NCH linen provider
  - Massage rooms cleaned / sanitized nightly

- **Pool**
  - One person per lap lane
  - Aqua class capacity limited (first come first serve)
Membership Accounts

- Monthly membership billing will resume on June 1, 2020 and continue to bill on the first day of each month until notified by member to stop billing. There was no monthly billing for the months of April and May.
- All pre-purchased package expiration dates & Annual memberships have been extended 4 months (120 days)

Thank you for your patronage of the NCH Wellness Centers. We look forward to seeing you soon.

Briggs Wellness
239.624.2750

Whitaker Wellness
239.624.6870