



## What To Expect June 15<sup>th</sup> & Beyond At Valley

The first thing the entire staff wants to do is thank all of our members for your patience. We have been blown away by your support and understanding through these tough times. As you can imagine, it has not been any easy task putting together a safe re-opening plan, and at the same time trying to get things back to as normal as they can be.

We also know this has been tough on you, our members. . . and we know the sooner we can get back to our everyday lives, the better it will be for all. . . But it needs to be done in the safest manner possible. We feel we have done this. Below is an outline of what to expect in the coming weeks. Again, we ask for your patience as we slowly get back to “normal.”

### Fitness to open Monday, June 15<sup>th</sup>

- We will be going to our Summer Hours:
  - Monday-Friday: 5am-9pm
  - Saturday: 6am-3pm
  - Sunday: 7am-3pm
  
- As a reminder, we ask that you follow these guidelines:
  - Facemasks are optional for both members and staff
  - EVERYONE must check-in, no exceptions on this
  - Please update club information including picture, email address & phone number
  - No guests will be allowed for the time being
  - Respect other member and staff personal space
  - Wash hands and hand sanitize often
  - Stay home if you are not feeling well
  - Use our towel service to provide sweat and barrier protection
  - Bring your own water bottle. If you forget, we will have water available for purchase
  - Wipe down all equipment **before & after** each use
  - Be conscious of limiting your time in the club
  - Do not convene in large groups in the lobby, or any other part of the club
  - We reserve the right to ask members to leave if they are not following these guidelines

## **All classes to begin Monday, June 29<sup>th</sup>**

- We will be resuming as many classes as possible starting on this date. Please be patient with us as we put the class schedule together. . . Classes will resume based on safety, instructor availability, & class demand. We will be updating this frequently as it will be changing often
- Generally speaking, you should expect most classes to resume
- This includes the Warrior classes. Unfortunately we will need make a few changes to the previous Warrior schedule due to trainer availability:
  - We will continue to offer Warrior's at 8:30am, 3:15pm, & 6:00pm Monday's, Wednesday's, & Friday's. (No 6:00pm Warrior on Friday's)
  - Temporarily we will be dropping the 5:30am and 4:30pm Warrior classes. We hope to change this quickly and will let you know when we do
  - Eric will be putting Warrior workouts on the white board in the Warrior room starting Monday, June 15<sup>th</sup>. Feel free to use the space and conduct your own Warrior workouts 👍

## **Tot's Turf Daycare to open Monday, June 29<sup>th</sup>**

- Following suit with classes, Tot's Turf will resume on the same date with some minor restrictions:
  - The hours will return to normal: Monday-Friday 8:15am-12pm & 4:30pm-8:00pm (No Friday evening's), & Saturday's 8:00am-11:30am
  - Temporarily there will be a 1.5 hour time limit as opposed to the previous 2 hours
  - We will be only offering individual fruit snacks for the time being
  - Temporarily we will not be changing diapers, we will alert a parent to change their own child

Again we ask for your patience as we do our best to get back to "normal." We plan to ease back into reopening in a safe and responsible manner. Please feel free to let us know if you have any questions, comments, or concerns. Feel free to contact me directly either by calling the club at 920-560-0001, or emailing me at [nhawley@valleyfitnessandracquet.com](mailto:nhawley@valleyfitnessandracquet.com).

We missed you all and can't wait to see you again!

Nick Hawley  
General Manager