



As of August, 6th 2020

Phase 2 Samena Fitness Center - Update

In accordance with the Governor's guidance as found in the [Phase 2 and 3 Indoor Fitness and Training COVID-19 Reopening Requirements - Update](#) the Samena Club will resume fitness center usage for up to eight [8] members by appointment only on August 10, 2020. Fitness Center usage will be limited to one [1] 45-minute reservation per individual, per day, made in advance. To limit in-person interactions Samena will utilize on-line, Samena app and phone-in reservation systems. Transactions at this time will be limited to credit card only to eliminate the handling of cash.

Safety is our top priority as we begin our staged re-opening. To ensure the health of our members and team, we have created a new schedule with limited capacities to ensure social distancing requirements and provide time to clean and sanitize between activities/sessions. As part of the Club's ongoing safety plan, things will look a little different. All members will be asked to complete a health screening upon entering the facility, to wear a mask/face-covering while in the building when not engaged in strenuous exercise, and to adhere to social distancing. In addition to our online reservation/registration process we have instituted contactless check in, enhanced cleaning procedures, and clear designations for social distancing. We are beyond excited to begin to welcome you back to the Club.

Fitness Center Use Details

1. During Phase 2 of the Safe Start Reopening plan, fitness center use will be limited to a maximum of eight [8] members at a time, by reservation only. Members only at this time.
2. Reservations may be made up to 7 days in advance – reservations strongly encouraged. [Out of a courtesy to other members we ask that you cancel as far in advance as possible, and at least 2 hours prior to the reservation start time to avoid the cancellation fee of \$15, to allow us to serve as many members as possible.]
3. Members are required to sign a waiver of consent and commitment to the facility's reopening policies prior to participation.
4. All members are required to wash their hands or use the facility provided hand sanitizer prior to participation.
5. Masks are required at all times, except when engaged in strenuous exercise.
6. Members are required to thoroughly wipe down equipment after use before moving on.
7. Circuit training will not be allowed and equipment use will be limited to 20 minutes when someone is waiting.
8. A safety briefing will be conducted at the beginning of each session to reemphasize the protective measures for everyone to include maintaining social distancing and sanitation protocols.
9. Members are required to bring their own water bottles and towels. Water bottle refilling stations will be available, but no drinking fountains or towel service will be provided.
10. Social distancing guidelines must be maintained by every person in the fitness center at all times to the greatest extent possible.
11. Individual reservations only; reservations may not be shared.
12. Children must have their own reservations. Ages 12 – 13 must be directly supervised by a parent or legal guardian. No children under 12 are allowed to use the fitness center.
13. Members are asked to leave the facility immediately after their session in the Fitness Center to eliminate congestion/gathering.

Revised 8/5/2020

[Click here for online reservation/registration instructions.](#)

Download the Samena App

[iOS](#)

[Android](#)

Other procedures to be aware of

1. No in-facility childcare services will be available.
2. Showers and saunas will be closed. Locker room use will be limited use for handwashing and restrooms only or avoided if possible.
3. Masks are required at all times, except when engaged in strenuous exercise
4. Reservations are not allowed if a participant has been diagnosed with COVID-19 and is still within the required 14-day quarantine period, has symptoms of COVID-19, or has had contact with a person that has or is suspected to have COVID-19 within the last 14 days.
5. During this phase we are only open to members; there will be no guest passes sold/redeemed.