



As of January 7th, 2021

Phase 1 'Healthy Washington' Samena Fitness Center - Update

In accordance with the Governor's guidance as found in the [Phase 1 Healthy Washington – Roadmap to Recovery](#) the Samena Club will resume fitness center usage for up to seven [7] members by appointment only on January 11, 2020. Fitness Center usage will be limited to one [1] 45-minute reservation per individual, per day, made in advance. Members only at this time. 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 again 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 and AT ALL TIMES DURING ALL FORMS OF EXERCISE, INCLUDING STRENUOUS ACTIVITY, 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 1 of the Healthy Washington plan, fitness center use will be limited to a maximum of seven [7] members at a time, by reservation only. Members only at this time.
2. Reservations may be made up to 7 days in advance. [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 DURING ALL FORMS OF EXERCISE, INCLUDING STRENUOUS ACTIVITY.
6. Members are required to thoroughly wipe down equipment after use before moving on.
7. Circuit training and super-sets will not be allowed; please use one piece of equipment at a time. Equipment use will be limited to 20 minutes when someone is waiting.
8. 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.
9. Social distancing guidelines must be maintained by every person in the fitness center at all times to the greatest extent possible.
10. Individual reservations only; reservations may not be shared.
11. 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.
12. Members are asked to leave the facility immediately after their session in the Fitness Center to eliminate congestion/gathering.

Updated 1/7/2021

[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 not be available to fitness center users. Locker room use will be limited use for handwashing and restrooms only or avoided if possible.
3. Masks are required at all times, even when engaged in strenuous exercise MASKS MUST REMAIN IN PLACE.
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.