



As of April 12th, 2021

Fitness Center and Fitness Classes

On March 22nd, guidance was released to allow us to expand our aquatic and fitness operations for Phase 3 of the Healthy Washington Plan. Now that Washington State is in Phase 3, Samena is making some changes to our fitness programs and services. Samena's new policies meet or exceed local, state, and national COVID-19 guidelines in an effort to provide a safe and healthy environment for Samena members, staff, and guests.

1. Fitness Classes:

- a. For fitness classes on the tennis courts and outdoor spin only, masks will be optional during exercise. 6-foot social distance must be maintained.
- b. New fitness class capacities [not including instructor]:

Hybrid HIIT, Core-Tastic	7
TRX 'X'clusive, This Is Yoga, Group Cycle	8
Step Into Strength, Ageless H2O, Aquamotion	12
Muscles in Minutes, Body Blast	14

2. Fitness Center:

- a. Capacity increases to 20 members at a time.
- b. Reservation times increase to 90 minutes.
- c. Masks and 6-foot social distancing required at all times.

General Procedures

1. Members are required to sign a waiver of consent and commitment to the facility's reopening policies prior to their reservation.
2. Members are required to wear their workout attire. Locker rooms and showers are available, but their use is discouraged.
3. Members are required to bring their own water bottles, towels, and aquatic fitness equipment. Water bottle refilling stations will be available, but no drinking fountains, towel service or aquatic equipment such as kickboards or pull buoys will be provided.
4. Social distancing guidelines of at least six feet of separation must be maintained by every household in the Club at all times to the greatest extent possible, even in the water.
5. Members are asked to leave the facility immediately after their lap swim session/class to eliminate congestion/gathering.

Other procedures to be aware of

1. No in-facility childcare services will be available.
2. The following areas will be closed: Saunas
3. Masks are required while not in the water unless outdoors and more than 6 feet from others
4. Please check in at the front desk for each visit and get your capacity control bracelet.
5. Reservations are not allowed if a participant has been diagnosed with COVID-19 and is still within the required quarantine period, have symptoms of COVID-19, or had contact with a person that has or is suspected to have COVID-19 within the last 14 days.
6. During this phase we are only open to members there will be no guest passes sold/redeemed.