

1. **Health and Safety:** YW Fitness has implemented several changes to support the health of members, staff and clients as we re-open our fitness centre.
 - a. YW Fitness Centre will now be staffed during all high traffic times of the day.
 - b. Some equipment has been blocked off, unplugged or moved to accommodate for physical distancing.
 - c. We are limiting the number of individuals in the space at one time to maintain distance and support healthy workouts.
 - d. Change rooms and showers are not accessible at this point in the relaunch, but you may pass through the spaces to utilize the washrooms.
 - e. Towel service is not available at this time.
 - f. Hand sanitizers and disinfecting wipes are available throughout the centre and must be used on **EVERY** piece of equipment after each use.
 - g. YW has increased deep cleaning in the centre to three times each day to provide a safe and healthy environment for everyone.
 - h. Please do not come to YW Fitness if you are feeling unwell, have a fever, cough, runny nose or sore throat, have traveled outside Canada or have been in close contact with someone who has tested positive to COVID-19 within the last 14 days.**
 - i. When you arrive for your pre-booked workout time, you will be asked to complete and sign a health check form, as well as have your temperature taken prior to accessing the facility.
2. **Memberships:** All memberships will be reactivated on June 22, 2020. If you are not ready to re-start your YW Fitness workouts, please email fitness@ywcacalgary.ca before June 22 and we will keep your membership on hold until you are ready to get started again.
3. **Pre-Booked Workouts:** You **MUST** book your workout time in advance to ensure we can maintain the permitted capacity in the centre and staff appropriately. Workout times are in two hour blocks.
 - a. To book your workout time, download the **Wellness Living** app on your phone or use the desktop version on your computer:
<https://www.wellnessliving.com/signup/ywcacalgary>
 - b. From there, follow this link to [Wellness Living](#), log in to your profile and select your two-hour workout block.
 - c. For this first phase of re-open, YW Fitness hours will be **Monday – Friday 6:00 am – 6:00 pm** and **Saturday 7:00 am – 5:00 pm**.
 - d. If you are no longer able to make it during the time you have selected, please cancel your reservation so other members can utilize the space.
 - e. Workout blocks must be booked a minimum of three (3) hours prior to the block start.
 - f. For the health and safety of our clients, team members and YW Fitness members, we ask that you avoid arriving early as you won't be able to wait in the YW Hub facility.