YWCA CALGARY
FITNESS CENTRE
community-centred.
wellness-focused.

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.

- YW Fitness hours are currently Monday – Friday 6:00 am – 8:00 pm and Saturday and Sunday 8:00 am – 2:00 pm.
- Some equipment has been rearranged to accommodate for physical distancing. Please do not move equipment around in the facility, as it has been spaced to meet provincial guidelines.
- We are limiting the number of individuals in the space at one time to maintain distance and support healthy workouts.
- Hand sanitizers and disinfecting wipes are available throughout the centre and must be used on every piece of equipment before and after each use.

2. Pre-booked Workouts: All active Fitness members **MUST** book your workout time in advance to ensure we can maintain the permitted capacity in the centre. Workout times are in one-hour blocks, and you must come and go within your booked time.

- 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
- From there, follow this link to Wellness Living, log in to your profile and select your two-hour workout block. Workout blocks must be booked a minimum of three hours prior to the block start.
- Prior to arriving in the YW Fitness Centre for your pre-booked workout time, you will need to complete an online health check form. Please ensure you plan your arrival and work out to coincide with the time block you have booked.
- If your plans change, please cancel your reservation so other members can utilize the space.
- Please do not come to YW Fitness if you experiencing any COVID-19 symptoms. For details on symptoms, please visit the Alberta Health Services website .