



Health and Safety:

YW Fitness has implemented several changes to support the health of members, staff and clients through the re-opening of the fitness centre:

- We are limiting the number of individuals in the space at one time to maintain distance and support healthy workouts. Therefore, all workouts must be pre-booked (see below for instructions). We are not offering a drop-in option at this time.
- **Masks are required when entering and exiting the building**, and when moving around in the fitness centre – but not while working out at high intensity.
- Hand sanitizers and disinfecting wipes are available throughout the centre and must be used on every piece of equipment before and after each use.

Hours:

Monday – Friday 6am-8pm

Saturday – Sunday 8am-2pm

Before you arrive:

All Fitness members **MUST** book your workout time in advance. Workout times are in one-hour blocks; you may book multiple timeslots if you need more time.

To book your workout time, download the Wellness Living app on your phone or [use the desktop version on your computer](#).

You must also complete an online [health check form](#) before each visit. Please do not come to YW Fitness if you are feeling unwell, or experiencing any symptoms of COVID-19.