

Welcome back, Group Fitness Classes



Group fitness classes have returned, and members can expect to see some changes. With the guidance of provincial and regional health authorities and leading fitness-industry experts, we've implemented new policies and procedures to ensure our members and staff are kept safe.

Due to the fluid nature of the COVID-19 pandemic, the guidelines below are subject to change based on new advice from local health officials and ongoing evaluation.

Advanced Registration and Limited Capacity

- Group fitness classes will have capacity limits to meet physical distancing requirements, and pre-registration for each class will be required.
- Registration can be done online at www.clarington.net/beactive or by telephone at 905-623-3379 ext. 2552. Phone registration is open Monday to Friday from 8:30 a.m. until 4:30 p.m.
- Registration will open on Tuesdays at 9 a.m. for the upcoming week, Friday through Thursday.
- At this time, only those with memberships (Fitness Plus and Group Fitness) will be able to attend Group Fitness Classes. Please contact us for more information on memberships and how to enroll.

Pre-Screening and Arrival

- Please arrive no more than ten minutes ahead of your scheduled class and line up in designated areas outside the facility. Everyone arriving at the facility will be required to undergo a screening process before being admitted.
- Members will need to scan their cards at the front customer service desk.

Physical Distancing and Equipment

- Strict two-metre physical distancing will be enforced throughout the facility, including in the fitness program area.
- Some equipment will not be available for use due to the nature of the materials and the difficulty with disinfecting. These include yoga mats, yoga blocks and straps, resistance bands and tubes, sliders, boxing gloves and pads. Members are encouraged to bring their yoga mats to classes.
- Members will need to respect any markers guiding traffic or distancing throughout the facility.
- Members should not share equipment with others or be within two metres of other members who do not live in their household.

Cleaning

- Before reopening, the facility and all equipment have been thoroughly cleaned and disinfected.
- After each class, the space will close for 30-minutes to allow staff to conduct a deep cleaning and sanitization of equipment and high-touch points in the area.
- Participants are asked to sanitize all equipment with the available wipes before and after use.
- Hand sanitizing stations will be available throughout the facility.

The Corporation of the Municipality of Clarington, 40 Temperance Street, Bowmanville, ON L1C 3A6

1-800-563-1195 | Local: 905-623-3379 | communityservices@clarington.net | www.clarington.net

Use of Masks

- Participants will be required to wear a mask as they go through the screening process and make their way through the facility to and from the program location. Masks are not required during your class. Members who chose to wear masks for the duration of their visit are welcome to do so.

Amenities

When you first return, some amenities will be temporarily unavailable:

- Change rooms and lockers will be temporarily closed. We ask that members arrive ready to workout and bring as little with them as possible.
- Showers and saunas will be temporarily closed. An accessible washroom will be available for patron use in the Program Room.
- Water fountains will be available for filling bottles only. You will not be able to drink directly from them.

Memberships

- As of Monday, March 1, 2021, all group fitness memberships will be reactivated. All members will receive an extension for the length of the closure. There is no need for any action on your part to obtain the extension.
- If you do not wish to reactivate your membership for any reason, please provide your request in writing to communityservices@clarington.net or phone at 905-623-3379 ext. 2505 as soon as possible for a hassle-free cancellation of your membership.
- If you are unable to attend your registered class, please contact us to withdraw or transfer at least one day in advance. If you need assistance, you can reach our team Monday to Friday 8:30 a.m. to 4:30 p.m. at 905-623-3379 ext. 2552. Those who register for classes and do not show up may lose the ability to pre-register in the future.