

Welcome back, Group Fitness

When group fitness classes return, 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

- 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.
- 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 905-623-3379 ext. 2552. Phone registration is open Monday to Friday from 9 a.m. until 4:30 p.m.
- Registration will open on Tuesdays at 9 a.m. for the upcoming week, Friday through Thursday. Members will only be able to schedule their classes for one week at a time; you will not be able to pre-book all 11 weeks at one time.
- For information on for 55+ group fitness classes, please visit www.clarington.net/ActiveAdults.

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 difficulty with disinfecting. These include yoga mats, yoga blocks and straps, resistance bands and tubes, sliders, boxing gloves and pads. Members who pre-book for a Pilates, yoga or yogalates class must bring a yoga mat.
- Members must 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.

Pre-Screening and Arrival

- Please arrive no more than 10 minutes ahead of your scheduled class and line up in designated spots outside of the facility. Everyone arriving at the facility will be required to undergo a screening process before being admitted.
- Members will need to scan their card at the front customer service desk.

Cleaning

- Before reopening, the facility and all equipment has been thoroughly cleaned and disinfected.
- After each class, the space will close for a minimum of 15-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 are available throughout the facility.

Use of Masks

- Participants are 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 and while setting up equipment. Masks are not required during your class while you are exercising. Members who chose to wear masks for the duration of their visit are welcome to do so.
- Participants are asked to wear masks anytime they leave the program space to use the washroom or fill water bottles.

Amenities

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

- We ask that members arrive ready to workout and bring as little with them as possible.
- Whirlpools and saunas will be temporarily closed.
- Water fountains will be available for filling bottles only. You will not be able to drink directly from them.

Memberships

- If for any reason you do not wish to reactivate, please provide your request in writing to communityservices@clarington.net or phone 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 from Monday to Friday from 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.