



We have enjoyed seeing our members back in our facility!

We will be following all guidelines and regulations put forward by the state to create a safe environment for our members. We will function as outlined below.

PHASE II UPDATES

Updated Hours:

Monday - Friday
5am-7pm

Senior Hour

Tuesday & Thursday
10am-11am
Ages 65 and over.

***PHASE II UPDATES GO
INTO EFFECT
JULY 1.***

***ALL MEMBER BILLING ACCOUNTS WILL BE UNFROZEN
AND MONTHLY BILLING WILL RESUME.***

Memberships:

- >Those wishing to cancel their membership will need to come in to complete their cancellation.
- >Day and week passes will still be available.
- >Members age 11-15 will be allowed to workout with a parent present.

Member Requirements:

- >All members using equipment must wear gloves covering the fingertips.
- >Must bring your own gloves.
- >Face coverings must be worn entering and exiting the building, in restrooms and hallways.
- >Must bring your own mask.
- >If on equipment or in a class, face covering may be removed.
- >If you choose to wear a face covering while exercising, please watch for these signs:
 - Lightheadedness
 - Dizziness
 - Numbness or tingling
 - Shortness of breath
- >Please practice safe hygiene and social distancing.

Reservations:

- >Reservations will be required to attend group classes and to utilize the pool.

Limitations will be in place on the amount of people allowed in each area.

Entry will be based on a first come, first served basis.

Free Weights & Machines 16 people

Cardio Machines 8 people

Rally 2 people

Ascend 10 people

(group classes only, reservations will be required; no basketball or rockwall.)

Move 5 people for individual exercise; stretching and ab machines

10 people for group class

Walking path 10 people

(single file, at least 6ft apart)

Lockers rooms 5 people at one time

>Members will be limited to a 1-hour workout.

>Walking path will be available to members and nonmembers.

>Birthday parties and rental of any spaces will not be allowed at this time.

>Fuel will be offering prepackaged snacks and drinks.

Pool Use:

>Recreational swim will not be allowed at this time.

>Locker rooms will reopen. Members may enter the pool thru the lockers rooms.

>Members may use the changing cabanas in the pool area.

>Pool towel rental will not be available.

>Reservations required for all pool use.

>All pool use is limited to 1 hour.

Lap Lanes:

2 people allowed at a time.

Splash Pool:

4 people allowed at a time for exercise only.



	Monday	
Time	Class	Instructor
7am-8am	Yoga	Debra
7am-8am	Strength Training	Cedric
8:15am-9:15am	Instructor's Choice	Danyelle
9:30am-10:15am	Just Move It Plus	Cristiane
12:15pm-12:45pm	Ab Blast	Natisha
1pm-1:30pm	Stretch It Out	Belle

THRIVE Healthplex CLASS SCHEDULE

**ALL CLASSES HELD
IN ASCEND UNLESS
OTHERWISE NOTED.**

	Tuesday	
Time	Class	Instructor
8:15am-9:15am	Dumbbell Pump	Myra
10am-10:45am	Just Move It	Brenda
11am-11:45am	Just Move It Plus	Cristiane
12:15pm-12:45pm	HIIT	Belle
1pm-1:30pm	Pilates Video	MOVE /STRECHING 5 ppl
4:15pm-5:15pm	Latin Power	Cristiane
5:30pm-6:30pm	Strength Cardio	Cristiane/ASCEND
5:45pm-6:45pm	Just Dance	Natisha/MOVE

	Wednesday	
Time	Class	Instructor
7am-8am	Yoga	Debra
7am-8am	Strength Training	Cedric
8:15am-9:15am	Instructor's Choice	Kathy
9:30am-10:15am	Just Move It Plus	Cristiane
12:15pm-12:45pm	Ab Blast	Kathy
1pm-1:30pm	Stretch It Out	Belle

**LIMIT 10 PEOPLE PER CLASS.
GLOVES REQUIRED.
MAINTAIN SOCIAL DISTANCING.
NO PERSONAL EQUIPMENT.**

**RESERVATIONS
REQUIRED FOR ALL
CLASSES.**

	Thursday	
Time	Class	Instructor
8:15am-9:15am	Yoga	Kathy
10am-10:45am	Just Move It	Brenda
11am-11:45am	Just Move It Plus	Cristiane
12:15pm-12:45pm	Strength Blast	Natisha
1pm-1:30pm	Pilates Video	MOVE /STRECHING 5 ppl
4:15pm-5:15pm	Line Dance	Cristiane
5:30pm-6:30pm	Step	Koerner/Kathy in ASCEND
5:45pm-6:45pm	Just Dance	Natisha/MOVE

	Friday	
Time	Class	Instructor
7am-8am	Yoga	Debra
7am-8am	Strength Training	Cedric
8:15am-9:15am	Instructor's Choice	Kathy
9:30am-10:15am	Just Move It Plus	Cristiane
12:15pm-12:45pm	Ab Blast	Natisha
1pm-1:30pm	Stretch It Out	Belle

