



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 III UPDATES

Current Hours:

Monday - Friday
5am-7pm

*PHASE III UPDATES GO
INTO EFFECT
OCTOBER 1.*

October Updates

>We will reopen ASCEND for basketball play and SPLASH for open swim.

Basketball play hours: 12pm-close, daily Open swim hours: 4-6:30pm, daily

No reservations are required, however it will be first come, first served. Limit 10 people at any given time in each space.

>RELAX (sauna) will reopen. 2 people allowed at one time; first come, first served.

>We will reopen the following spaces for individuals/groups to rent:

CREATE
NOURISH
ASCEND
SPLASH

Restrictions will be in place, such as mask requirement, capacity limit, etc. A full list of requirements will be given at time of rental. While the building as a whole will not be open on Saturdays, Saturday rental will be available.

Ongoing Guidelines

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.

Reservations:

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

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.

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
Move	10 people with proper spacing
Walking path	10 people (single file, at least 6ft apart if not in the same household)
Lockers rooms	5 people at one time
Sauna	2 people

- >Walking path will be available to members and nonmembers.
- >Fuel will be offering prepackaged snacks and drinks.

Pool Use:

- >Locker rooms are open. Members may enter the pool thru the lockers rooms.
- >Members may use the changing cabanas in the pool area.
- >Pool towel rental will be available.
- >Reservations required for lap lane use and individual exercise use before 4pm.
- >**All pool use is limited to 1 hour.**

Lap Lanes:

2 people allowed at a time.

Splash Pool:

10 people allowed at a time.



	Monday	
Time	Class	Instructor
7am-8am	Yoga	Debra
7am-8am	Strength Training	Cedric
8:15am-9:15am	Cardio Fight	Cristiane
9:30am-10:15am	Just Move It Plus	Cristiane
12:15pm-12:45pm	Ab Blast	Natisha

THRIVE Healthplex CLASS SCHEDULE

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

	Tuesday	
Time	Class	Instructor
8:15am-9:15am	Dumbbell Pump	Regan
9:30am-10:15am	Just Move It Plus	Cristiane
10am-10:45am	Just Move It	Brenda
10:30am-11:15am	Latin Power	Cristiane
11:30am-12:15pm	Strength Cardio	Cristiane
12:15pm-12:45pm	HIIT	Regan
1pm-1:30pm	Pilates Video	MOVE /STRECHING 5 ppl
1:45pm-2:30pm	Splash	Adriana
5:45pm-6:45pm	Just Dance	Natisha

	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

***RESERVATIONS
REQUIRED FOR ALL
CLASSES.***

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

	Thursday	
Time	Class	Instructor
8:15am-9:15am	Yoga	Kathy
9:30am-10:15am	Just Move It Plus	Cristiane
10am-10:45am	Just Move It	Brenda
10:30am-11:15am	Line Dance	Cristiane
12:15pm-12:45pm	Strength Blast	Natisha
1pm-1:30pm	Pilates Video	MOVE /STRECHING 5 ppl
1:45pm-2:30pm	Splash	Adriana
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	Regan
9:30am-10:15am	Just Move It Plus	Cristiane

