



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<br>(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

