



NRG 4 Life's Re-Opening Framework

Below is an outline of what to expect from your new experience at NRG 4 Life Fitness once reopened. *We thank you for your continued support and patience during the closure of our centre. We are committed to providing you with a safe and comfortable environment upon your return.*

Be sure to watch our **very comprehensive “What to Expect When We Re-Open” VIDEO** uploaded to our **website**, as well as included in communications, newsletters and on our social media sites.

Below, we've listed details on how we will be functioning now including information on our new safety and cleaning practices as well as booking and capacity protocols. You'll also learn of enhancements made to our group classes and our personal training service, membership updates, along with new availability for amenities and equipment.

NRG 4 Life Fitness Centre's Promise to You

NRG 4 Life Fitness has always prioritized the health and safety of our members and staff team. While our standards for cleanliness have always been paramount, due to the COVID-19 pandemic, we have implemented increased measures.

We have engaged in meaningful conversations with both the Fitness Industry Council of Canada (FIC), to ensure that the approach we are taking aligns with recommendations provided by public health experts and government standards. Additionally, we have been consulting experts in infection prevention, cleaning and sanitization, with the goal to create a reopening plan that is caring, informed, comprehensive and consistent.

Our goal is to exceed, the new health and safety parameters laid out by the different levels of government across the country.

It is important to recognize that public health information and provincial orders can change quickly. We will be doing everything we can to update this information on our website and through our newsletters as quickly as possible in response to these changes.

We're in this together, and we need to work together to keep everyone healthy and safe. By taking care of those around us, we are also taking care of our community, and ultimately our country. We look forward to welcoming you back.



Our intention is to notify members, via email, of important information about your membership and ways to prepare for the returning of NRG 4 Life Fitness. **Please ensure we have your current email address** as well as cell phone, address and payment particulars ie. credit card info, by sending an email to info@nrg4lifefitness.net.

Extended Club Capacity



- NRG 4 Life will adhere to current indoor gathering 50 person maximum.

Arrival



- **Please wear a mask upon arrival and departure. Masks are optional indoors while working out in fitness facilities providing 6' physical distancing is maintained strictly at all times.**
- Plexi glass has been installed around the front desk.
- Our Customer Service will greet you wearing masks/shields.
- **Handshakes and physical greetings are not permitted.**
- 1. Everyone will be provided with hand sanitizer upon entry.
- 2. Forehead temperature checks will be performed in the foyer when you arrive.
- 3. A new, one time completed Declaration of Health release is required to be filled out by every facility user. Please complete online in advance wherever possible. Simply click our new "COVID tab" at the top of our website www.nrg4lifefitness.net . This document will also be available at the Reception.
- Physical distancing markers are placed outside and throughout our facility for you to adhere to.
- Wearing masks while working out is a personal decision. Everyone is required to maintain the 6' physical distancing and maximum capacity as clearly outlined by the floor markers both inside and outside along with the directional floor markers. No crossing on the stairs is permitted.
- **Bring your own yoga mat (for classes) and pre-filled water bottle. Bring only what you absolutely need** when coming for your workout. Some cubbies are still available. Clean these with disinfectant provided both before and after usage.
- Avoid cash purchases. Use a debit and credit card where possible.

Safety & Cleaning Practices



We are introducing a number of new cleaning practices and protocols in order to protect the health of our members, staff teams and community. While many of these new practices will be adopted by our staff teams, our members also have a very important role to play in helping us to uphold these new standards.

- NRG 4 Life Fitness has undergone an intensive, deep clean.
- We will be using a COVID-19 approved environmentally friendly disinfectant cleaner. This solution is infused with sage extract for a pleasant scent yet is tough enough to deep clean surface areas like floors, free weights and carpets. It will be used for frequent touch-point cleaning throughout the facility for both members and our teams to use.

- There are many bottles of this disinfectant throughout our facility including beside each machine in the gym, at each participant station (marked off squares) in the main studio, by cubbies as well as many in the spin studio and mezzanine.
- **Bathrooms will be cleaned after each use.** The additional floor staff will be monitoring this. Disinfectant bottles are available in the bathrooms which members should use on all hard surfaces before and after using.
- **There will be 30 minutes of dedicated cleaning time after every group fitness, spin and yoga class.**
- Our customer service reception staff, personal training and group class instructors will adopt a “constantly cleaning” mind-set, ensuring special attention is always given to high-touch surfaces.
- Class participants will be required to disinfect any equipment they use BEFORE and AFTER each use. They will then leave it in their studio “station” for staff to disinfectant.

Main Studio & Spin Studio



- Our new, modified group exercise schedule, will now have **classes spaced 30 min's apart to allow for a thorough studio cleaning.** This schedule can be viewed from our website or through Mindbody app/online.
- **Members are required to bring their own yoga mats (for all classes and workouts) along with an exercise band if they are attending a Bootcamp, Muscle Conditioning, Cardio Chisel, Cardio Core HIIT, Cardio Sculpt HIIT, Spin & Sculpt, Pilates Barre and Step Interval classes.** Tubes can be ordered at the front desk or by emailing us at info@nrg4lifefitness.net. These covered tubes are long lasting and are only \$15 including tax. The small Pilates balls can be purchased (new) for \$12 and again can be ordered by leaving a message at the front desk for Sarah or info@nrg4.lifefitness.net
- Based on maximum capacity guidelines, **our main studio can now accommodate 13 participants** plus the instructor. **Our spin studio will accommodate 8 participants** plus the instructor. **In ADDITION, where scheduling allows, watch for some spin classes being held in the main studio allowing for more participants.**
- There are **designated stations (squares) marked in the studio for you to place your mat and any other belongings.** This is your station during your class. Each station has a disinfectant spray bottle. Disinfect any equipment you will be using ie. free weights, bosus, steps, stability and medicine balls both before AND after using. **LEAVE all this equipment in your station for it to also be cleaned and put away after class by our staff.**
- Class formats may be modified to ensure less movement and keep distancing at a maximum while still meeting NRG 4 Life’s high standards that members have come to expect. Subject to change, all styles of classes except for circuits are currently available.
- **Each class will be video’d using an integrated secure platform through the Mindbody software.** For those not attending a class in person, there is an option to attend the class virtually or play it back from our library. Watch for more details on this.
- Once cleaned, the studio will be available for participants to enter, choose their station, and set up their equipment as per white board in foyer listing what equipment will be used for each class.

- When exiting, the back row will leave the studio first, followed by the rest of the participants in an orderly fashion. We will all get accustomed to these small, new changes, just like we have at other businesses in town.
- Both studios will be open during non-class times. Members simply need to let a customer service staff know if they are using a studio. Members are required to disinfect equipment both BEFORE and AFTER use. In the main studio. LEAVE any used equipment in a station, in order for the staff to disinfect again.
- If a member would like to use a spin bike in the spin studio when a class is not in progress, they must inform, the customer service staff before and at the end of the session. The member is required to disinfect the bike both BEFORE and AFTER they use it. The staff will also disinfect again.

Weight Rooms & Mezzanine



Our goal is to strike the important balance between providing the safest club environment possible AND an exceptional experience for our members in all areas of our facility including the gym areas.

- **There is no need to book workout times at NRG 4 Life Fitness to use our general workout areas.** With our new smaller classes, we are able to adhere to the new physical distance and maximum usage protocols.
- NRG 4 Life has implemented a number of measures including, directional arrows, signage, and placement to ensure physical distancing can be achieved in the main gym areas. The machines in our gym have been relocated slightly to ensure all is 6 ft apart.
- Members are still expected to use best judgement when doing their free weight exercises in order to safely maintain the 6 ft of physical distancing.



Personal Training Sessions

- Personal Training will be available in club, as well as through a new *online Personal Training option.
- Personal Training sessions will continue to be booked by your trainer.
- All Personal Trainers will be wearing a mask when training with clients.
- To ensure proper physical distancing measures, no physical contact will be permitted in Personal Training sessions.
- **Clients must be prepared to handle their own weights and equipment.** Workouts will be modified so as not to require spotting.
- All equipment used will be cleaned before and after use.

*Zoom Online Virtual Personal Training

- NRG 4 Life is now offering an exciting new option for our Personal Training clients for those who are not quite ready to come back into the club yet and as a way to continue with their sessions from the comfort of their home. Online virtual Personal Training will provide an easy way for clients to get back into their fitness journeys, allowing them the opportunity to stay connected with their trainer via a private meeting call with Zoom. This is a great way to stay on track with goals through appointments including workouts designed specifically for you. Motivation and accountability along with proper alignment are all paramount in these sessions!
- No changes to your current Personal Training package are required. Current sessions in inventory, as well as new sessions purchased, can be used for both in-club or online Personal Training.
- If you are an existing Member, however, are not a Personal Training client and are interested in online Personal Training, please contact us to learn more. info@nrg4lifefitness.net 905-852-4750.

Temporary Paused Amenities

- **Water Fountains** and bottle filler will not be available. Members are required to bring a pre-filled water bottle for their workout. Bottles of water are available to purchase, as always, for \$1/bottle.
- **Foam Rollers, Bands, Mats** are unavailable to members at this time due to the porous nature and/or fabric as these cannot be properly disinfected. **Black, thick vinyl mats are still available for stretching** and must be disinfected before AND after each use by members. They should be left OUT for customer service staff to also clean after.
- **Showers** will be CLOSED until further notice to reduce the number of potential touch points.
- **Fans** including floor fans, mounted fans and ceiling fans will remain OFF at this time to prevent any unnecessary movement of air.
- **Washrooms** - Our three washrooms/change rooms will remain open. If you are waiting to use these facilities, please stand at the designated waiting floor decals outside the washroom doors.
- **Hair Dryers** are not available. Due to health and safety concerns, members are not permitted to bring their own.



This is a really uncertain time, however, we have everything covered with new precautions in place so when you do come in, you'll be kept safe while we get those endorphins pumping! Exercise and group exercise in a physically distanced fitness facility keeps you SOCIALLY CONNECTED while building your immune system. NRG 4 Life Fitness will strengthen your body AND mind. We are proud to be

a locally owned small business since 2004. **Thank YOU for supporting us, and in turn, supporting YOUR fitness needs.** NRG 4 Life's #1 goal is to continue to *"Strengthen Uxbridge one Person at a Time"*!