

September 4, 2020

Communiqué

Center for Vitality Reopening at the Cultural Center

Monday - Friday, 6:00 AM - 6:00 PM (Reservations Required)

We are pleased to announce the reopening of the Center for Vitality at the Cultural Center beginning Tuesday, September 8, 2020. In addition to our regular cleaning protocols, additional measures have been put in place to help minimize risk of Coronavirus exposure:

- 1) **Daily Screening** – Residents are required to be screened prior to utilizing the Center for Vitality.
- 2) **Occupancy Limits** – conservative occupancy limits have been established to allow access to equipment while minimizing exposure.
- 3) **Reservations** – a reservation ‘Amenity Pass’ is required and can be accessed through the *Living Forward App* (see opposite side). Reservations allow time for Team Members to sanitize equipment between work-out sessions.
- 4) **Locker Rooms/Showers Closed** – locker rooms and showers are closed to minimize contact exposure.
- 5) **Masks** – masks are required while using the Fitness Center; if you are unable to wear a mask, we ask you to limit your exercise to in your apartment or outdoors.
- 6) **Air Quality** – air handlers servicing the Fitness Center have been adjusted to provide maximum air flow. Additionally, ionization units have been added to the units to sanitize the air through our duct work.
- 7) **UV Technology** – a UV box and UV wands will be used to sanitize small equipment – pens, clipboards, etc. between users.
- 8) **Electrostatic Sprayers** – although Residents are still required to utilize the gym wipes to wipe down equipment after use, Team Members will use electrostatic sprayers between sessions to sanitize equipment.

GENERAL GUIDELINES FOR USING THE CENTER FOR VITALITY

- If you are not feeling well, please stay home
- Access through the lower level only (upper level is closed to Residents)
- Residents Only - No Guests - No Team Members
- A reservation ‘Amenity Pass’ is required and can be accessed through the *Living Forward App* (see opposite side)
- Residents MUST check in with the Concierge. Residents will be screened if they have not already been through a checkpoint. Going through the screening checkpoint prior to arriving at the Concierge Desk helps to accelerate the check-in process. If you have already been screened, be prepared to show your name tag/colored dot
- Please do not show up early; you will not be permitted to sit indoors and wait for your reservation
- Residents will be asked to leave at the end of the reserved time; do not congregate or socialize in the lobby. Those with back-to-back reservations will be asked to go out to their car with their belongings so we can prepare (clean and sanitize) for the next reservation group
- Please wear your mask when entering/exiting and when going in/out of the bathrooms
- No food is allowed; water bottles are acceptable
- The Aerobics Room is closed
- No group classes at this time - virtual classes will continue through WVTM and Facebook Live
- **NEW RESIDENTS:** Call the CC Fitness Center 717.464.6434 to coordinate an orientation with one of our Exercise Fitness Specialists who will guide you through the paperwork, orient you, and assist you in setting up an exercise program

(over please)

AQUATICS CENTER

Available Passes (90 mins): 6:30 AM - 8:00 AM | 8:30 AM - 10:00 AM | 10:30 AM - 12:00 NOON

Available Passes (60 mins): 12:30 PM - 1:30 PM | 2:00 PM - 3:00 PM | 3:30 PM - 4:30 PM | 4:45 PM - 5:45 PM

- Max Occupancy: 24 (total) | 10 - Main Pool | 6 - Therapy Pool | 8 - Deep Water Area
- Enter and exit the pool from the lobby – the locker room entrance is closed
- The locker rooms and showers are closed. Please come dressed to swim – no changing on site
- Pool towels (1 per person) will be offered at check in. Discard your towel in the designated bin when leaving
- Masks are not required while on the pool deck or in the pool as long as social distancing is maintained – you may be asked to put a mask on if you do not stay 6’ apart. Please wear your mask when entering/exiting and when going in/out of the bathrooms
- Pool noodles will not be provided; however, you may bring your own. If you would like to purchase one to bring back/forth, see the Concierge
- Pool weights will not be available for use
- Weight belts for use in the deep water pool will be available from the attendant on duty. Please return the belt to the attendant when you are finished so that it can be cleaned and sanitized

FITNESS CENTER

Available Passes (90 mins): 6:00 AM - 7:30 AM | 8:00 AM - 9:30 AM | 10:00 AM - 11:30 AM

Available Passes (60 mins): 12:00 PM - 1:00 PM | 1:30 PM - 2:30 PM | 3:00 PM - 4:00 PM | 4:30 PM - 5:30 PM

- Max Occupancy: 24
- MASKS ARE REQUIRED – NO EXCEPTIONS! If you are unable to wear a mask while working out, we request that you limit your exercise to outside or in your apartment
- The locker rooms and showers are closed. Please come dressed to exercise – no changing on site
- A table will be set up with baskets for personal items such as keys, cell phones, headphones, etc. Please leave your personal items in the baskets and not on the floor beside machines. Baskets will be sanitized between uses
- Fitness Cards to log your work-outs should be taken back/forth each day – we will not be filing on site
- Clipboards/pens are available and will be sanitized between users
- Some equipment has been taped off to maintain social distancing. Please do not attempt to use these machines
- Headphones and strength training bands are available for purchase and should be brought back and forth
- Sweat towels will NOT be provided; bring your own
- Residents MUST use the gym wipes to wipe down the equipment after use
- Staff will be available to help you re-acclimate to the machines and assist with settings; review, modify, or develop your workout; etc. Personal Training is not immediately available, but will be implemented as time allows

Making a Reservation Through the Living Forward App:

Please ensure that your Living Forward app has been updated to the latest release and enable push notifications.

- 1) A Resident can book up to 2 passes per time period; but, may book passes for multiple time periods in one day. Passes are displayed on the app one week in advance.
- 2) From the menu (≡) in upper left hand corner, choose **Amenity Reservations**.
- 3) Click on the amenity you wish to reserve – **Cultural Center Aquatics Pass** or **Cultural Center Fitness Pass**.
- 4) At the bottom of the screen, click on **Select from Available Dates**.
- 5) View the Amenity Passes available for each timeslot and **select the pass that you wish to reserve**; then, click **Select This Pass** to continue.
- 6) Indicate the number of adults by tapping on the plus (+) symbol. After confirming the number of reservations you want – one or two – click on **Continue Reservation**.
- 7) Click on **Confirm Reservation**. You will receive a push notification indicating your reservation is confirmed. Please note, you will be waitlisted if the timeslot is full. If a cancellation is processed, you will be automatically confirmed and notified via push notification.
- 8) View confirmed passes from the **My Living Forward > My Passes** button.
- 9) Push notification reminders for entry and exit will be sent to your device 10 minutes prior to your start time and 10 minutes prior to your end time.
- 10) For assistance or issues, please contact your Resident Life Coordinator.