

# HYDRO SPIN CLASS UPDATE

w/c Monday 19<sup>th</sup> April 2021



**Day:** Tuesday  
**Time:** 11:10 – 11:40  
**Duration:** 30 minutes  
**Instructor:** Susanne  
**Pool:** Outdoor Pool

**Day:** Wednesday  
**Time:** 13:10 – 13:40  
**Duration:** 30 minutes  
**Instructor:** Gym Staff  
**Pool:** Outdoor Pool

## Frequently Added Questions

### Will I be able to change before my class?

To begin with Members must still come 'Swim Ready' or 'Class Ready' and change on poolside.

### How long is the class?

The Class will be 30 minutes duration.

### What time will the class be?

The classes will run so that they operate within a normal pool booking time. This is to ensure there is not a crossover between different sessions whilst allowing enough time to set up, removal of the bikes and time to sanitise.

### Will there be a charge for Hydro Spin?

*No.* There will be no charge for Hydro Spin until more classes are available.

### Can I do both Hydro Spin Classes each week?

*No.* To begin with we would ask that Members attend one of these classes per week until more Classes are made available. However, if there is still space on the day for the class you may book a place.

### Will I be able to use a Changing Room after the class?

*Yes.* Outdoor Pool classes will require changing in the Gazebos on poolside.

### Do I have to use the Changing Room?

*No.* If you would prefer to continue to dry off on poolside and leave via the Entrance Gate, you can.

**How many people will participate in the class?**

Adults = 5 max at any one time

**IMPORTANT:** This is to meet social distance guidance as advised by our Health and Safety Consultants.

**Will the bikes be cleaned?**

Yes. Health Club Staff will move the bikes to poolside and clean them.

Members can make personal adjustments for their bike.

Staff Members will clean and then place in the pool for Members to use.

**Can I bring my own shoes for the class?**

Yes, if you can. We will provide shoes which will be sanitised between classes. However, recommend Members to bring their own.

Thank you.

If you have any questions, please speak to a Member of the Health Club Team or contact Luke Fenton – Health Club Manager, [Luke.fenton@roehamptonclub.co.uk](mailto:Luke.fenton@roehamptonclub.co.uk)