

Gym Update Monday 27th May 2021

Extended Gym Sessions

From **Tuesday 1st June Gym Sessions will move to one-hour long sessions.** For the Health Club to remain COVID Secure and for this change to work all Members **MUST** finish their workout and vacate the Gym Floor at the end of a session so that we can allow Members booked for the next session in on time.

Access to the Gym will only be provided once all Members have left and as such, we will no longer be able to provide early entry or for Members to stay later to finish their exercise. Please ensure you finish your workout with enough time to vacate the Gym Floor on time.

With this change all Members **MUST** sanitise all equipment after use.

The Gym will close twice during the day for 30mins for an enhanced clean whilst the Gym and Housekeeping team will perform spot cleaning throughout the day.

Enhanced cleaning times:

Monday to Friday – 12:30pm and 4pm

Saturday & Sunday – 1pm and 4:30pm

If you have any questions, please speak to a member of the Health Club Team.

Gym Opening Times			Bank Holiday
Mon-Fri	Sat	Sun	Mon 31st May
6:30am - 9pm	7am - 8pm	8am - 8pm	8am - 8pm

Gym Bookings Information Update:

- *Bookings can be made 3 days in advance (from 6:30am daily)*
- *Under all circumstances, please cancel more than 12hrs in advance.*
- *All no shows will be blocked from booking for a 7-day period.*
- *Please be careful and considerate when making bookings to ensure you only book one place per session.*
- *Please book the correct session that you wish to attend.*
- *If there is space on the day, Members can book an extra slot to train for longer than 1hour.*

GYM - COVID Secure Reminder:

To help us maintain the high standards and safety around the Health Club there are a few key things which Members can help with to ensure your experience is the best it can possibly be. Please see a few key areas below:

- ✓ *Arrive 'Gym ready' – changing rooms are not currently available for Gym users*
- ✓ *Please bring your own sweat towel*
- ✓ *Personal items like bags and coats must be stored in the rack opposite the Health Club Reception*
- ✓ *Please continue to sanitise all equipment after use in the Gym*
- ✓ *Members must be prompt in leaving the Gym so we can clean and sanitise before the next session*
- ✓ *Please be careful and considerate when making bookings to ensure you only book one Gym slot*
- ✓ *Please provide as much notice as possible when cancelling activities to allow other Members to make use of the space*

- ✓ *Please follow the rules in place for each activity, they have been put in place to ensure Member comfort and safety*

Please see our detailed FAQ's below for returning to the Gym.

Will I need to book to use the Gym?

Yes.

Due to governing body guidelines, we will restrict access to a maximum of 20 Members in the gym at any one time. Sessions will now be 60mins long starting on the hour before and after cleaning sessions and will start on the half hour between sanitising times. The gym will be closed for 30mins deep clean at 12:30 & 4pm Mon-Fri and 1pm & 4:30pm).

The last Gym session of an evening Monday to Friday at 7:30pm will be 90mins long to offer a longer uninterrupted opportunity for Members to workout.

Cleaning and Sanitising Equipment

We will require EVERY Member to clean EVERY piece of equipment after use to ensure every piece of kit and equipment is sanitised for the next Member to use. Antibacterial wipes, sanitiser spray and paper towels will be provided in all areas of the gym and studios.

Will equipment be restricted on the gym floor to maintain social distancing?

Yes, we will be turning off every other piece of cardio kit and will have to restrict numbers in the free weight and functional zone areas. Some kit will also be removed from the Gym floor if it cannot be easily sanitised in-between use.

Can I book in a re-programme?

Yes, we encourage all Members to book in a re-programme with a trainer and ask that they ease their way back into using the gym and outdoor classes. There will be staff to speak to if you have any questions or concerns about using the gym again.

Programme cards will be available to collect and keep if required.

Will Members still be able to have personal training sessions?

Yes, Members can still book PT sessions with their trainer. PT Sessions will continue to be 1hr. We will also be offering outdoor and virtual PT sessions so please speak to your trainer about these or email [Luke Fenton](mailto:luke.fenton@roehamptonclub.co.uk) luke.fenton@roehamptonclub.co.uk for more information.

[Click here for PT profiles](#)

Will there be Junior Gym sessions?

Yes, Juniors will be able to use the gym with an adult Member supervising them between 2-6pm every day.

**Junior gym is from 11yrs to 15yrs*

**16yrs and above can access the gym anytime unsupervised providing they have had an induction.*

Will the air conditioning be on in the gym?

Yes, we have sanitised our air conditioning system and will ensure fresh air is regularly circulated in the gym and studios by our air handling system.

Can I use the changing rooms after my Gym session or Class?

No, at this stage to ensure we are COVID secure we must operate a one-way system in the Health Club whilst only permitting a limited number of Members into the changing areas at any one time. At this stage the changing rooms will only be available following Indoor Pool bookings.

However, Members can make use of the main Club House changing rooms to shower after a workout.

Will there be a toilet available?

Yes, the toilets and wash hand basins will be available in the changing rooms. The main changing area and lockers will not be available.

Will there be towels available?

No, we are asking members to bring their own sweat towels please.

Will the gym water fountains be operational?

Yes, Members can use the water fountain in the free weight area, but we ask that this is sanitised before and after use. There will be no paper cups available so please bring your own water bottle.

Can I bring guests into the gym with me?

No, whilst we are operating with restricted access all Health Club activities will be for Members only.

Will the Juice Bar and Poolside Barbecue be open?

No, due to the restricted access these areas will remain closed. Members can purchase food and drink from the Piazza Coffee Shop.

If you have any questions speak to a Member of the Health Club team or please contact me directly.

Kind regards

Luke Fenton

Health Club Manager

Luke.fenton@roehamptonclub.co.uk

GYM PODIUM

With the gym back to some form of normality with indoor classes re-starting and with summer (hopefully) round the corner we thought it was a perfect time to remind you about what we can offer you in the gym!

If you haven't used the gym since the start of the first lockdown back in 2020, we strongly recommend that you book in for a gym induction. Within this session the team will re-do your health PAR-Q and if you want to, we can give you a body composition scan.

This tells you everything that your weight is made up of, whether that be muscle, water or fat and it will tell you how much weight in each part of your body it is! After this the team will take you round the gym and will make you familiar with the machines and how they work.

After this we suggest that you take up your complimentary programme building session where a member of the gym team will tailor make a workout suitable for your needs and goals. We can also, if you do not need an induction, take you through your body composition scan too.

If you have any questions, please feel free to contact the gym team on gym@roehamptoncub.co.uk and we will be happy to get this booked in for you.

Looking forward to seeing you in the gym again soon!

<Insert PT Profiles>