

HEARTHSTONE™

HEALTH + FITNESS

❄️ OPERATION: SAFE STONE ❄️

From the Hearthstone Family, **THANK YOU** for your continued support of our cherished health club. Your safety along with our staff is our top priority as we all move toward the end of the COVID-19 epidemic.

The new policies and procedures that we have put into place are for everyone's protection, and to make for a safer environment for all our members and staff. Our team has been extremely proactive in putting together our new program to be and maintain **HEARTHSTONE SAFE**.

We ask that you please work with us and be patient as we work through this time. Please help to do your part to ensure we maintain and exceed health expectations to be able to be available for your health and fitness needs.

The following procedures will be in place until otherwise noted:

- You must check in on arrival and answer a quick questionnaire. Hearthstone staff may be taking member temperatures via an infrared (touch-less) thermometer.
- Please follow and practice Social Distancing guidelines during your time in the facility or outside during a class or training session.
- We will be conducting Senior Hours between the hours of 1:30pm and 3:30pm Monday-Friday. This will give all seniors members, and those with high risk, an opportunity to workout in a more spread out, less crowded environment.
- Stepping Stones child care is now available Monday- Friday 7am-11am & Saturday 8am-11am.
- Come dressed to workout. Temporarily, there will be no use of locker rooms for anything but using the sinks and toilets. The staff has the right to limit the number of people in each locker room at any given time.
- The Quarry will be closed for shakes and smoothies. Grab & Go drinks as well as Grab & Go meals will be available in the front lobby refrigerator.
- Due to space limitations, all Group Ex classes will be performed either outdoors or in our Bay B space- directly behind Hearthstone Golf. Access to this space will be through the next-to-last large garage door which will be open 10 minutes before each class. Class schedules have changed to allow for more cleaning time between classes. There is a unisex bathroom in that space, but no shower.
- Additional wipe and hand sanitizer stations have been placed throughout the facility. You must use them before and after using each piece of equipment- this also includes things like dumb bells, bands, ropes, etc.
- Masks are recommended but not required (unless guidelines are issued from governmental authorities otherwise.) **HOWEVER**, when someone spots another person, **BOTH** people must be masked.
- Our business hours have changed. For Monday through Thursday, we will be closing at 8:00 pm to allow for a deep cleaning. Friday's will close at 7:00 pm. Saturdays and Sundays will continue to close at 3:00 pm.

STAY HEALTHY, STAY SAFE, AND STAY HEARTHSTONE STRONG!