



# Studio/Gym Reopening Guide

June 2021



Learn what to expect once  
we reopen



Welcome back!

We have missed you and are excited to welcome our community back to the gym.

At Her365 Fitness we are known for doing things a little bit differently than others - and this next phase in fitness is no exception.

Providing access to indoor exercise is not something we're taking lightly during an active pandemic. And as we reopen, we want you to know how we're adapting our protocols for a new era of indoor fitness.



# What's in this Guide...

Your Pre-Visit To-Do List

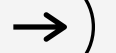
Your \*New\* Gym Visit Flow

Overview of Health & Safety Measures

Protect the Circle Pledge

Face Mask Policy

Returning Member Survey Results



# Your Pre-Visit To-Do List



We know you can't wait to get in the gym again, but there are a few housekeeping items to take care of before you come in.

Things are different this time around and you will not be able to just walk into the gym like in the before times.

We are committed to keeping our Circle healthy and safe, but we can't do it without your help!



## Protect the Circle

Sign the **Protect the Circle** pledge to confirm your commitment to upholding our updated pandemic-influenced **safety precautions**.



## Update Your Account

During your **Membership Support Session**, we'll verify and update your **billing details** and **contact info** to make sure you're all set to swipe in again.



## Book Your Visit

Check the schedule and choose the **staffed hours time block** that works for you. After-hours/unstaffed access is also available for those who verify their vaccination status with management.

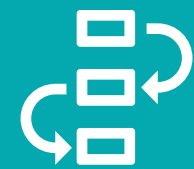


## Bring a Mask

Masks are required to be worn by **EVERYONE** who enters the facility **regardless of vaccination status**.



# Your Updated Gym Visit Flow



Staying present in the moment and remaining mindful of how you are moving is the key to your new gym flow.

This will help you continue to uphold your commitment to Protect the Circle.

Your flow starts before you even step foot inside the gym.

It starts the moment you approach the facility to swipe in.



## 1 Mask On + Swipe In Outside

During staffed AND unstaffed hours.

## 2 Sanitize your hands

Get off to a clean start!

## 3 Move your body

Cardio, strength, stretch...oh my!

## 4 Clean + Disinfect + Sanitize (again)

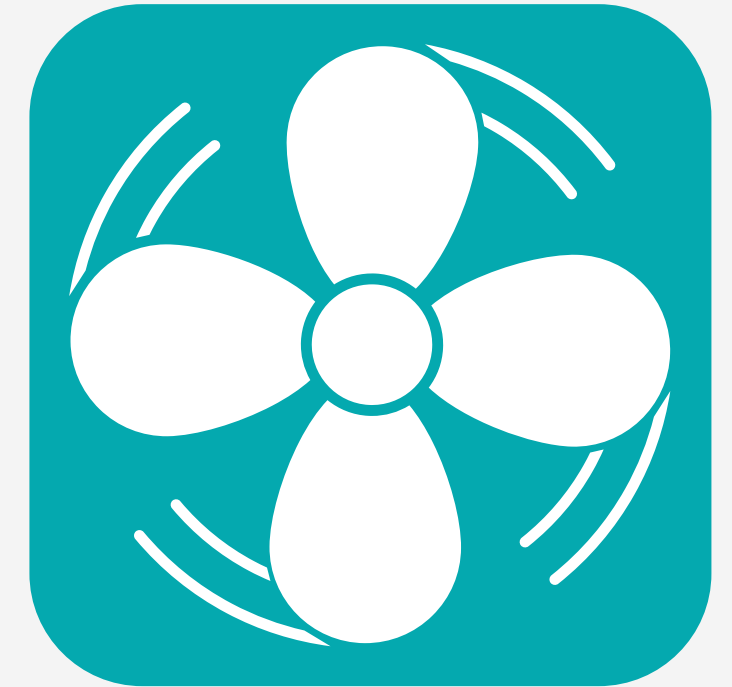
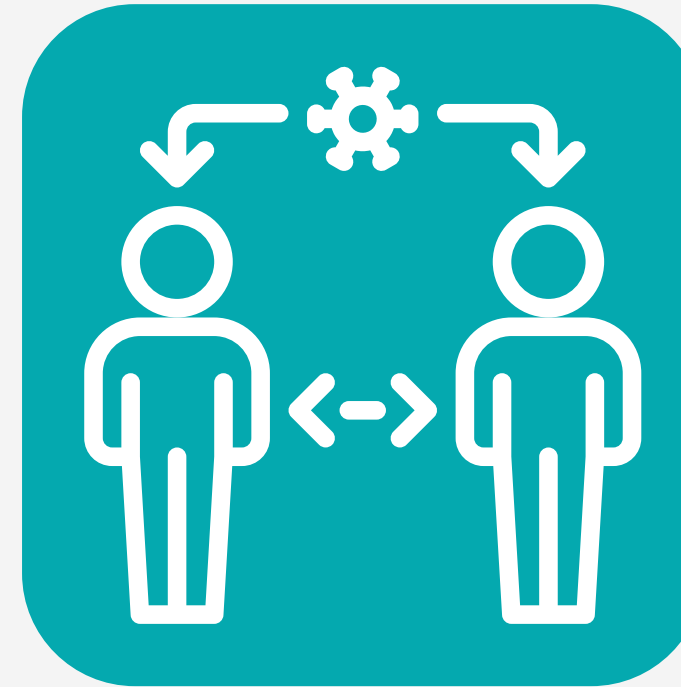
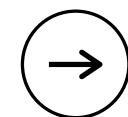
Wipe down everything you touched during your workout including handles, knobs, and any small equipment/props. After wiping down the equipment, sanitize or wash your hands before heading out.

## 5 Rinse & Repeat

Keep up the momentum and book your next session online!

# Our Health & Safety Measures

The health and safety of our Circle are our highest priority. Not only do these health and safety measures help to protect our members and staff, but they also help to protect our families, too. Remember, we are all in this together. What you do or don't do has an impact beyond just you even if you don't realize it.



# Protect the Circle Pledge



I will not come to the gym or outdoor classes if in the 14-days prior to my visit I have any of the CDC-defined symptoms of COVID-19 OR if I have had prolonged exposure to someone or lived with someone with a confirmed positive test.



I agree to wear a mask at all times while in the gym and to avoid unnecessary physical contact with others during my sessions. I also agree to clean my equipment before and after use and to not open the door for anyone.



I will immediately notify Her365 Fitness if I develop symptoms of COVID-19 up to 14-days after my visit.

# Face Mask Policy

Everyone wears a mask in the gym.

Regardless of vaccination status.

Mask on **BEFORE** you enter the facility.

No mask, no entry.

No bandanas, neck gaiters, face shields.

A good mask has a double layer of breathable fabric and fits securely on your face.

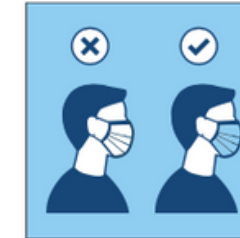
## A mask worn incorrectly is not safe

### How to properly wear and use a mask

#### DO



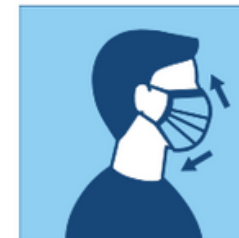
Wash your hands with soap and water or use alcohol-based hand sanitizer before you **put on, touch, or take off** your mask.



Put the color side of the mask on the outside.



Use the ties or loops to put your mask on and take it off.



Cover your mouth, nose, bridge, and chin.



Be sure the mask fits snug against your face.



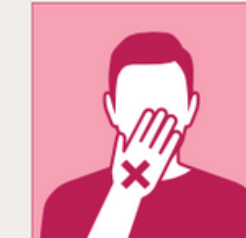
Keep your hands away from your face and head while wearing the mask.



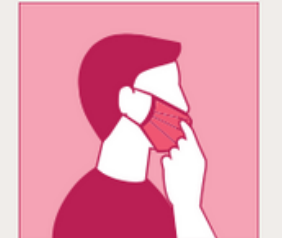
Take off the mask while you are at least 6 feet away from other people.

Store the mask in a clean paper bag or between two clean paper towels when you remove it.

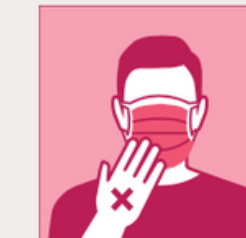
#### DON'T



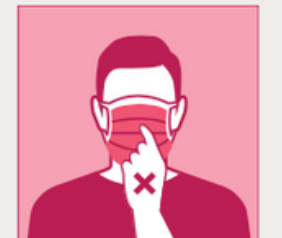
Touch your mask or face without first using soap and water for 20 seconds, or alcohol-based hand sanitizer until hands are dry.



Pull the front of the mask up or down to **talk, breathe, or eat**—assume the front is contaminated.



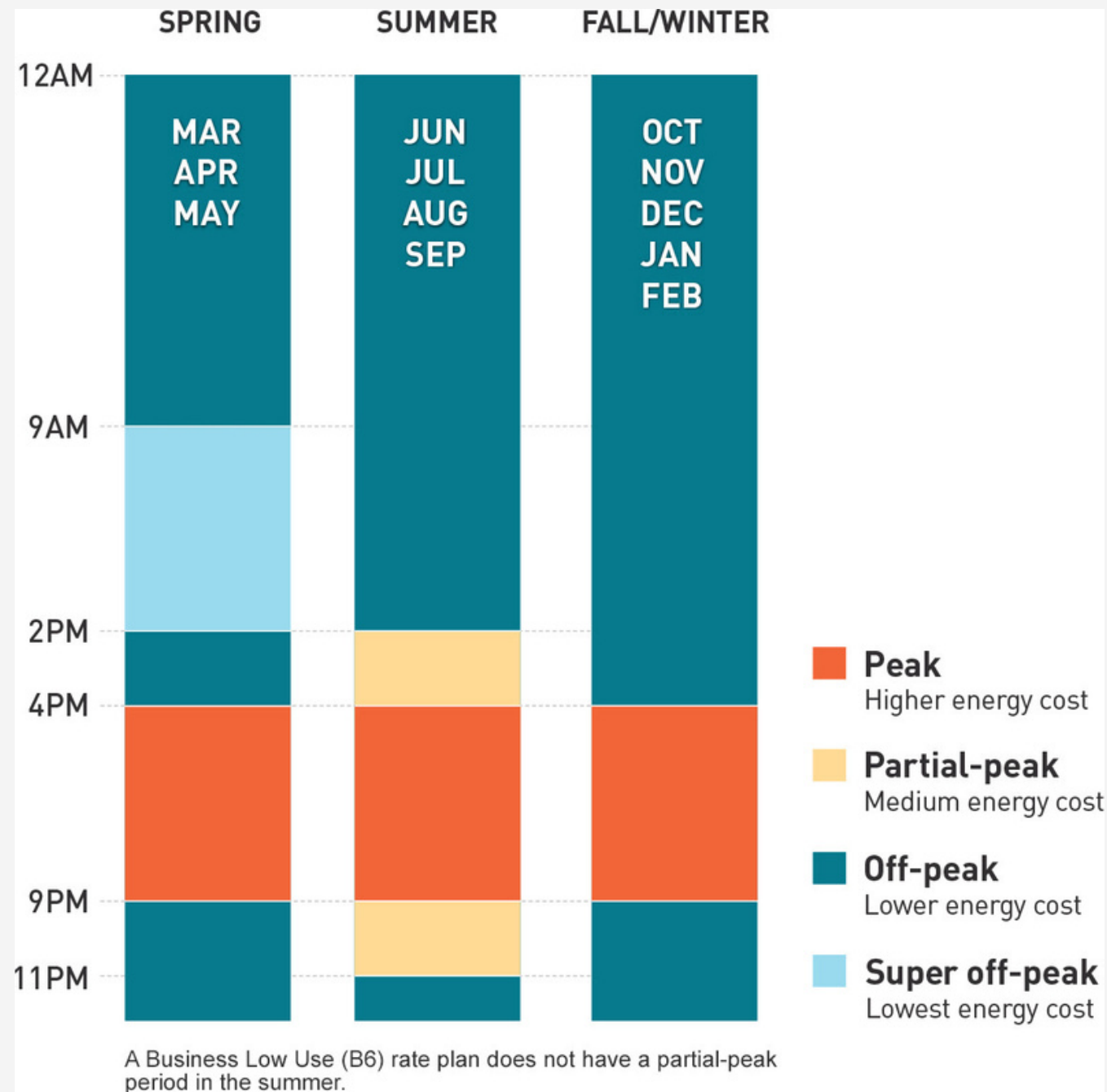
Touch the front of the mask.



Touch the front of the mask when you take it off.



# Other things to note...



Only 40% of our pre-covid members are reactivating (so far).

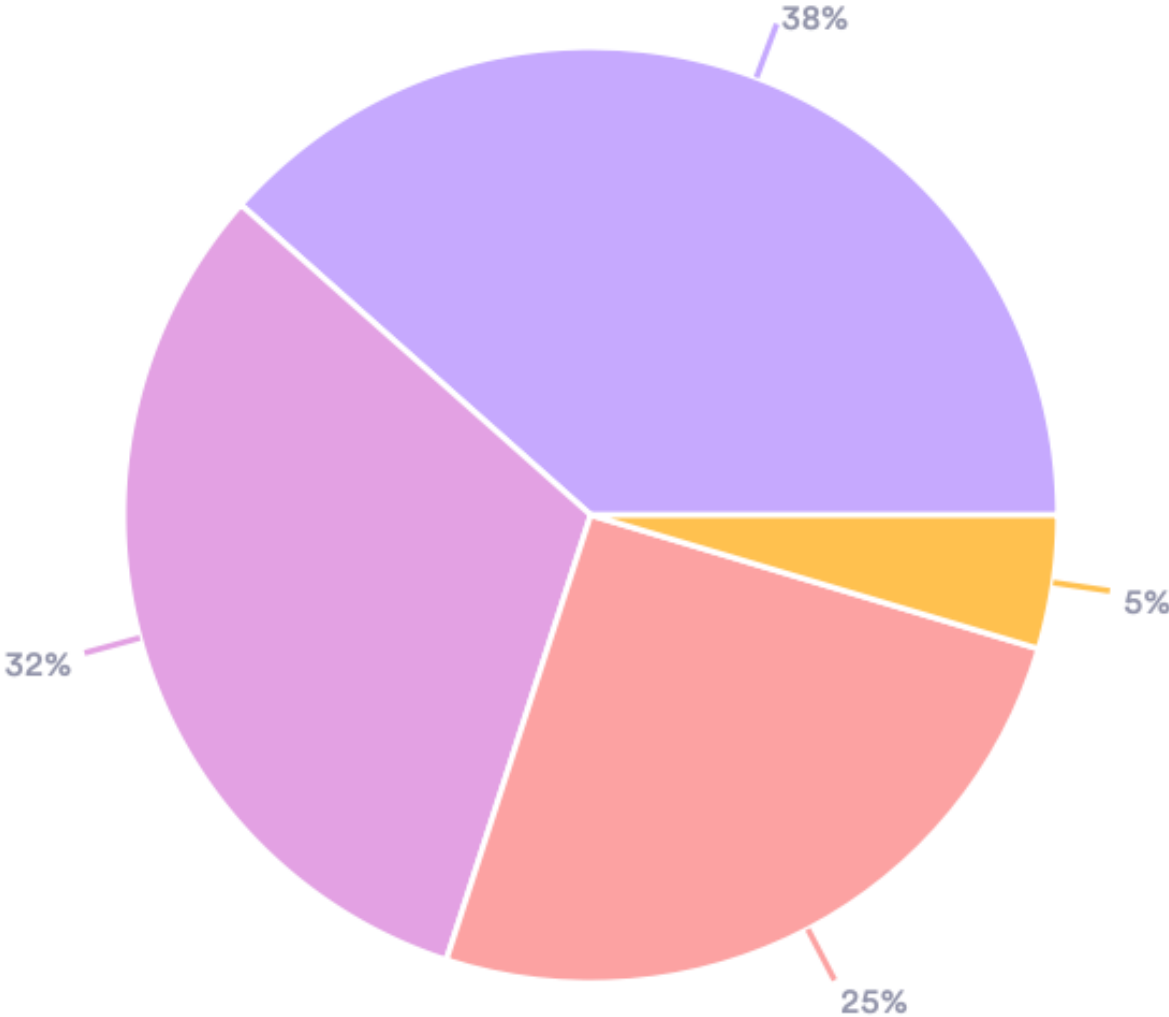
Some amenities will not be available initially.

Changes to membership pricing are coming.

Virtual classes will continue as long as there is interest.

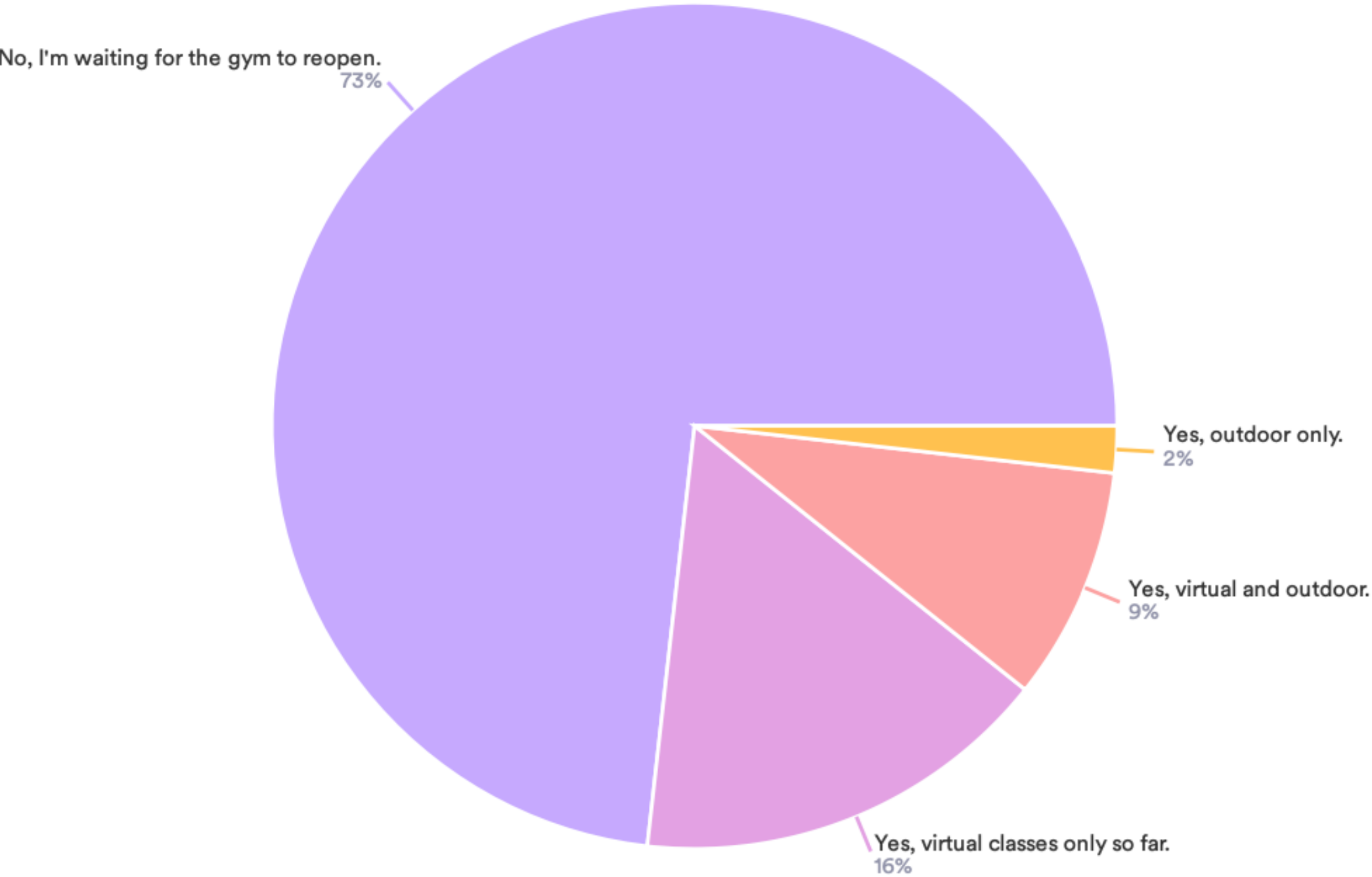
Help us spread the word about Her365 Fitness!

Are you planning on returning for in-person equipment workouts once we reopen?

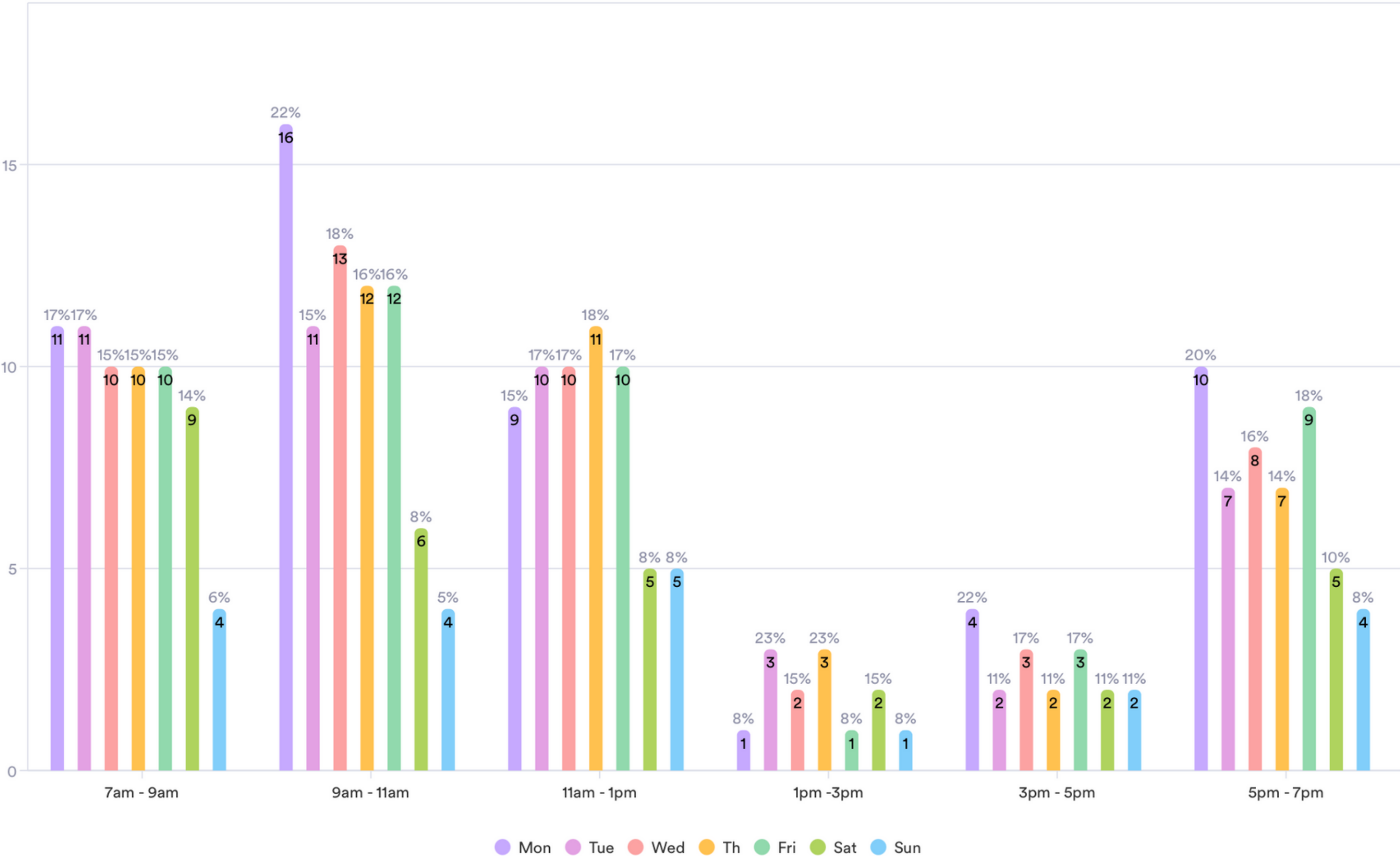


Data	Response	%
Yes, I can't wait!	50	38%
No, I'd like to cancel my Her365 Fitness membership.	41	32%
Not yet; I'd like to keep my membership on hold for now.	33	25%
Not yet; I'll stick with virtual or outdoor classes for now.	6	5%

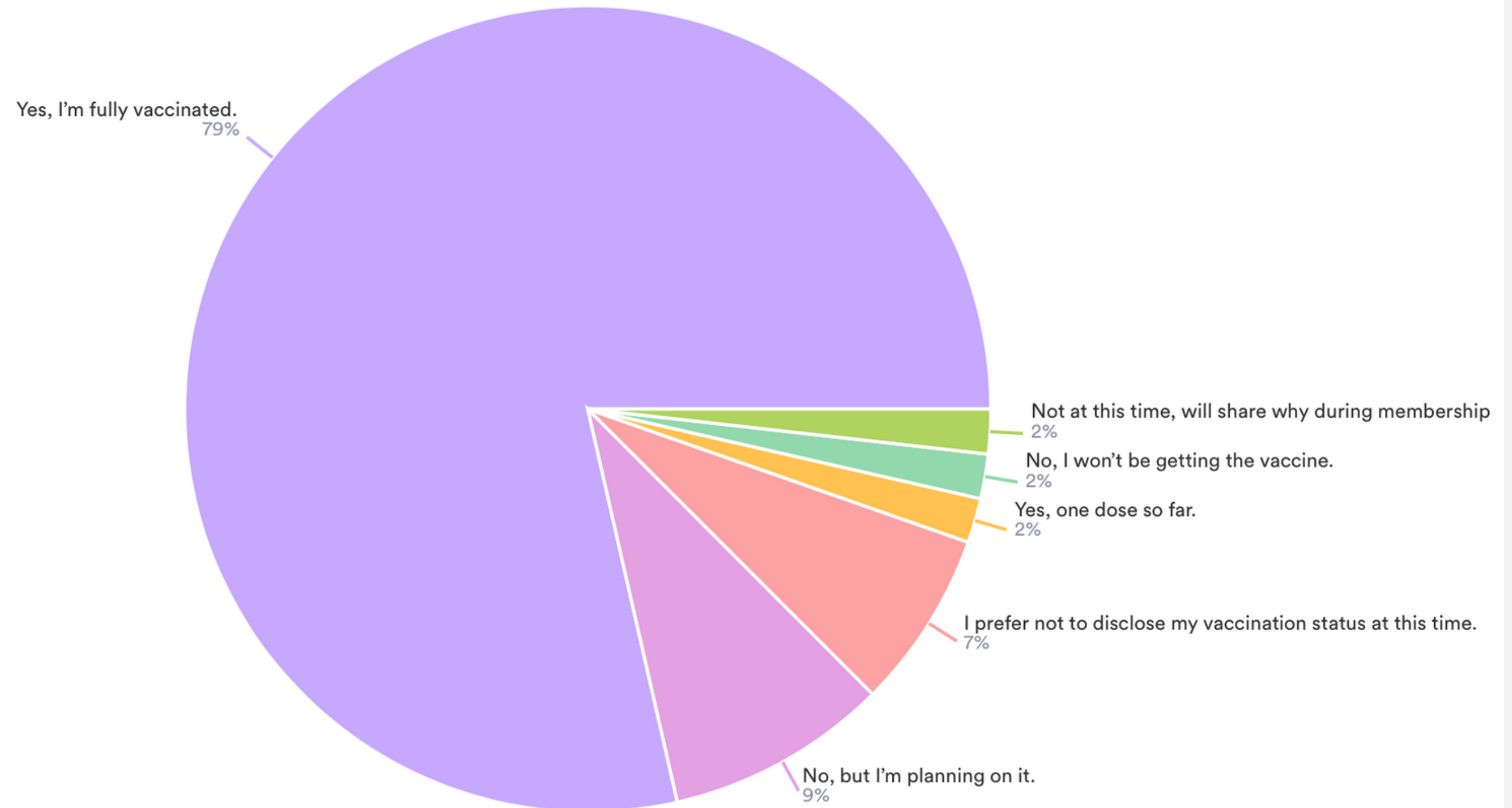
Have you been attending our classes (virtual or outdoor)?



We'll be offering gym access on a by-appointment basis when we re-open. What time of day would you be most likely to request your workout appointment?



## Have you received the Coronavirus vaccine?



# THANK YOU!

We thank you for your continued support and for your commitment to keeping our community healthy and safe! ~Maríssa & Dejah

 **Neighborhood Favorite**  
in 2 Neighborhoods



**Her365 Fitness**

 **23** Recommendations

It also won in 2017, 2018 and 2019.

**Her365 Fitness**

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