

May 18, 2020

Good afternoon Shadow Hills Members, Nick Mainenti CPT here. Beginning Monday, May 18th the Fitness Center will officially open for use to all Members.

In order to ensure your health & safety throughout the initial phase of reopening, we will be providing screening questions prior to one on one personal training. The Personal Trainer will be required to wear a facemask and all equipment will be sanitized before and immediately after use.

The Fitness Center is open to all Members but there must not be more than 3 people in the facility at one time. All Members are responsible to sanitize the equipment before and after use. For an availability schedule, please contact Nick Mainenti directly at the contact information below.

For one on one training, hand washing is recommended before and after each session (for clients & trainer) and hand sanitizers will be available in the gym. Adequate time will be allotted in between client sessions to ensure a thorough disinfecting process and to allow for only one client to be present at a time.

Questions you can expect (but not limited to);

- 1) Are you experiencing any symptoms of COVID-19 or feeling unwell ( Fever, cough, shortness of breath, fatigue, headache, etc).
- 2) Have you been in contact with someone who is suspected to have or was diagnosed with COVID-19?

**PLEASE** do **NOT** come to the gym and communicate accordingly if:

- 1) Your experiencing ANY symptoms of COVID-19
- 2) You are not feeling well for any reason.
- 3) You have been in-contact with someone who is suspected to have, or was diagnosed with COVID-19
- 4) You are a high-risk individual.

We appreciate your patience as we transition through this process and will continue to keep you informed should any changes be made throughout the next phase of this protocol.

Feel free to contact me directly for any questions. See you at the club!

Kindly,

Nick Mainenti CPT

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