

ZG Health is opening again on Monday, June 15th. Out of necessity, things may look a little different, but we're just excited to see you all again. For the first week of re-opening, we will have very limited services, but we expect to add more as we adjust to these new circumstances. And while we look forward to returning to our former normal, safety concerns may see some activities and services not resuming until Phase 3 or beyond. We are following government mandated guidelines, but also adding in extra precautions-our priority is keeping everyone healthy and safe.

What can you expect during this first week and in Phase 2 of Virginia's Re-Opening Plan:

Screening at Check in- Every time you enter ZG you will need to stop at our check in station and consult with a ZG staff member. There you will be asked a series of questions concerning your possible COVID-19 exposure and any possible COVID-19 symptoms. Anyone experiencing symptoms will not be permitted in the facility.

Use of Masks- When you are in the building, you are expected to wear a facial mask at all times, with few exceptions. If you are not physically able to wear a mask, please inform the staff and we will certainly make an exception for you. You are not required to wear a mask during exercise, but should wear one in the halls between classes, in non-fitness areas, in all common areas, and when entering and exiting the building.

Limited Classes and No Open Gym- During the first week of opening, we have prioritized Continuation weights and cardio classes, with cleaning breaks between classes. Yoga, Pilates, HIIT, Weight Machine Circuit, Core and Stretch, Low Impact Aerobics, and even Weight Management classes are all temporarily on hold. During the first week, exercising on your own will only be allowed in designated areas. We will be adding classes back to the schedule as soon as possible.

Weight Classes- Due to capacity limits and necessary physical distancing requirements, weight classes in the main weight room are limited to 12 participants only. We have created a second weight room in the aerobics room to allow additional participants with a separate instructor. We ask that the main room be filled before that second space is used. Each participant will have their own pre-sanitized station and bench, in which to exercise. Weights have been distributed to each station (5-30 lbs.); 2.5 lb. weights and weights over 30lbs. can be requested from the instructor. As normal, you will need to wipe your weights and benches down when you are done. Leave all weights at your station. When class is over, staff members will clean and sanitize each station for the next class. Signs will indicate when a station has been sanitized by staff and is ready for use.

Cardio Classes- Due to capacity limits and necessary physical distancing requirements, cardio equipment has been adjusted and in some cases, redistributed around the room. We have roped certain pieces of equipment off and ask that you respect these boundaries and only use indicated machines.

Restricted Areas- To limit possible exposure, certain areas of the building may be roped off while not in use and these areas may be adjusted on a daily basis. Please respect these boundaries, heed posted signs, and do not enter closed areas. All office areas, including behind the front desk and trainer offices, are off limits to non-staff with no exceptions.

Towels - We will not be providing towel service during this time. If you need a towel, we encourage you to bring your own.

Water- Please be sure to bring filled water bottles from home. We will not be selling water, especially during the first week of opening, and water fountains will not be operational to avoid possible contaminations.

Locker Rooms/Showers- Locker rooms will only be open for restrooms and changing. The showers will not be operational at this time. We encourage you to bring in the minimum required personal items/valuables so that possible contaminations are decreased.

Café/Member Lounge- This area will be off limits for the first week of re-opening. This means that coffee, ice, microwaves, and refrigerators will not be available. If you have medicine that needs to be refrigerated, please let staff know and we will accommodate you. While we hope to open parts of the lounge again soon, social and physical distancing are necessary and we encourage you to avoid extended socializing with staff and other members.

Use of Hallways- In order to allow the necessary space for physical distancing, hallways will be off limits to all exercising and stretching. Stretching, cool downs, and warm ups will occur in your classes, at your individual stations.

Mats and Other Porous Surfaces- Because mats, ropes, bands, bolsters, and other porous surfaces cannot be fully sanitized, they cannot be used at this time. If you would like to use a mat for exercise, please bring your own from home. As things progress, adjustments for yoga, Pilates, and stretching classes will be necessary.

Support Services- During the first week of opening support services, including trainer teams and nutrition sessions, are temporarily suspended. While some services such as grocery tours may not resume for some time, others will return very quickly.

Membership Billing- Although we are reopening on June 15th, we are delaying membership billing until June 22nd. This will give you an opportunity to check out our new setup and decide if you're ready to come back or would rather wait a while and put your membership on a temporary Freeze. Please send an email to abatton@zghealth.com to let us know if you would like to make any changes to your membership or have any other membership related concerns. Be sure to contact us before June 19th to guarantee requests can be completed before billing restarts. By resuming billing on the 22nd we are seamlessly picking up where we left off when we closed on March 21st, which should eliminate the need to prorate dues. When we restart billing, you will be charged your regular monthly membership dues on your normal billing day. In cases where prorates are required, we will make the necessary adjustment. We will also adjust for any prepaid periods to be sure you get all of the corresponding days for which you paid.

Keeping Everyone Safe and Healthy- In addition to our physical distancing policies and staff and member COVID-19 pre-screenings, we are taking extra precautions with everyone's health and well-being. Increased break periods between classes will allow staff to thoroughly disinfect exercise areas and equipment between classes and after each use. You will notice hand sanitizing stations throughout the building and extra cleaning wipes in expanded fitness areas. All common areas and high touch surfaces will be disinfected throughout the day. Safety signs will be placed around the building with COVID-19 precaution reminders and indicating where one-way traffic has been imposed.