



August 31, 2020

Greeting Nelson Wellness Center Members:

We deeply appreciate your understanding and support as we have worked hard to navigate new ways of providing our services.

Beginning Monday, September 14th, we will **resume offering our Neuro Fit, Rock Steady Boxing and Total Joint Aqua classes** with enhanced precautions.

Registration for these classes is required in order to ensure we remain under room capacities with social distancing in place. To register for any of these classes, please contact the membership desk at (320) 759-4613.

Classes will be held at the following times:

- Neuro Fit
 - Monday, Wednesday and Friday 9:00-9:45
- Rock Steady Boxing
 - Monday, Wednesday and Friday from 10 am to 11 am
- Total Joint Aqua class
 - Monday, Wednesday and Friday from 10 am to 10:45 am

Below are several important guidelines that must be followed to ensure heightened safety precautions are followed to protect everyone we serve.

UPON ENTRANCE

- A mask will be required upon entry and exit of the NWC.
- Access will be restricted to the NWC only. Doors will be closed to other areas of Grand Arbor, including the Bistro.
- When you enter the NWC, please use your fob to open the doors and/or to check in.
- Assumption of Risk and Liability form must be signed, and a short screening will be completed by the receptionist.

DURING WORKOUT:

Please obey signs within the space to ensure social distancing guidelines are followed. Permitted locations have special guidelines and limitations posted in each.

UPON DEPARTURE:

- Remember to check-out using your fob on the way out the door.

We'll continue to **closely monitor the ever-evolving conditions due to COVID** and should there be a need to adjust our operations, we will be communicating with them through the NWC communication portal at www.knutenelson.org/nwc-communication.

The health and safety of those we serve as well as our staff are our highest priority. We will continue to implement precautions per Minnesota Department of Health (MDH) recommendations.

A few existing precautions, include:

- All members of the NWC will follow proper screening protocols upon entry. Hand sanitizer is available at the reception desk of the NWC and should be used upon entering and exiting the NWC.
- All members will be asked to wash their hands with warm water for a minimum of 20 seconds prior to entering the cardio strength room.
- All staff will wear masks at all times, including during the personal training sessions.
- All members are required to wear masks upon entry and departure.
- Enhancing our infection control protocols and enhanced sanitation measures per MDH recommendations.

Should you experience symptoms such as a cough, fever, sore throat, runny nose, shortness of breath, muscle aches, headache, new loss of smell or taste, please refrain from leaving your home.

We sincerely appreciate your understanding and support during this time. Please contact me at (320) 759-4617 if you have any questions.

Alice Schmitz
Wellness Manager