



Monday, January 11, 2021

Greetings Wellness Members,

We have exciting news! Due to the Governors most recent guidance, we are able to expand our wellness hours. We will continue with the same heightened precautions and sanitizing procedures that we already have in place.

**Wellness Center Hours:**

- Starting **Monday, January 18th** the wellness center will be open seven days a week from **5:00 am - 10:00 pm**
- The Wellness Center will be staffed Monday-Thursday from 7:00 am-5:00 pm and Friday until 3:30 pm.
- Saturday and Sunday there will *not* be wellness staff, but you can still use the Wellness Center.

We will be bringing back some of your favorite classes starting on Monday, February 1<sup>st</sup>. More details on classes and registration to come.

**The health and safety of those we serve as well as our staff is our highest priority.** Here is what you should know for your next visit to the Nelson Wellness Center.

- Masks are required at all times
- We must remain 9-feet apart while exercising
- Pre-registration is required to use the pool for water walking or swimming

Nelson Gables site will remain closed so please join us at the Grand Arbor site. If you have any questions please feel free to email me at [alice.schmitz@knotenelson.org](mailto:alice.schmitz@knotenelson.org) or call me at (320) 759-4617.

We'll continue to **closely monitor the ever-evolving conditions due to COVID-19** and should there be a need to adjust our operations or precautions, we will communicate them with you.

Make it a great day!

Alice Schmitz

Wellness Manager