



December 18, 2020

Dear Nelson Wellness Center Members:

Earlier this week, Governor Walz announced an executive order allowing fitness centers to open to 25% capacity effective Saturday, December 19<sup>th</sup>. We are eager to welcome our members back into the wellness center!

We have opted for a phase re-opening approach that includes access for our residents and staff beginning on December 21<sup>st</sup>. **We will re-open the Nelson Wellness Center to community members beginning Monday, January 4<sup>th</sup>.**

In accordance with new state guidelines, the following precautions will be in place:

- Masks need to be worn at all times including while exercising
- 12-feet of social distancing required while exercising
- Pools and showers will be closed to members
  - The pool will be open for residents and physical therapy clients
- Group fitness classes will resume on January 4<sup>th</sup>
  - Pre-registration required

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

### **GUIDELINES & PRECAUTIONS AT THE NELSON WELLNESS CENTER (NWC):**

#### **HOURS OF OPERATION for GRAND ARBOR LOCATION ONLY:**

- Monday – Thursday 6 a.m. to 6 p.m.
- Friday – 6 a.m. to 4 p.m.
- Saturday – 6:30 am - 1:00 pm
- Sunday – closed
- *Nelson Gables location will remain closed to the community until further notice.*

#### **UPON ENTRANCE:**

- A mask will be required while exercising, and 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 fab to open the doors and/or to check in.
- Since work out areas are limited on occupancy, the front desk will discuss your workout plans with you.
- All members to the wellness center will follow proper screening protocols upon entry. Hand sanitizer is available at the reception desk of the wellness center.
- 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.

#### **DURING WORKOUT:**

Where use is permitted, please obey signs within the space to ensure social distancing guidelines are followed. Permitted locations have special guidelines and limitations posted in each.

- Masks need to be worn at all times, including while exercising
- 12 feet of distancing will be required while exercising
- Swimming pool, locker rooms and showers will remain closed. Two family restrooms open for individual use. The pool will be open for residents and physical therapy clients only.
- Enhanced infection control protocols and enhanced sanitation measures per MDH recommendations.
- Hot tub will remain closed.
- Boxing room will remain closed.

**UPON DEPARTURE:**

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

Beginning January 4<sup>th</sup>, 2021, your membership will be reactivated, and membership dues will be charged. If you wish to continue the hold placed on your membership, please contact the Nelson Wellness Center at (320) 759-4617.

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

**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 look forward to welcoming you back to the Nelson Wellness Center.

Have a Merry Christmas!  
Alice Schmitz  
Wellness Manager