



What to Expect when you return to the Aquatic & Fitness Center's Gym Reopening

Before you arrive at the Facility:

- Make sure you are not running a fever at or above 100.4 and/or have any onset flu-like symptoms.
- Everyone entering the facility must wear a mask. You must properly wear a mask during your workout. (nose & mouth covered)
- Bring only essential items with you (keys, phone, water bottles, etc.)
- We are promoting a "workout and leave" environment. Please keep your workout at or under 45 minutes.
- 2nd Floor Restrooms for Gym patrons.
- Locker rooms are closed.
- No Child Care or Group Ex classes.
- A call in reservation system is in place. See below for details.

When you arrive at the Facility

- Expect Delays! You must wait until your scheduled time slot.
- Gym use will be on the half hour beginning at 5:30AM. For a maximum 45 minute time limit.
- Your membership will reopen upon use.
- A staff member will be at the Front Desk to greet you and ask Covid-19 screening questions, make sure you have a mask, and you are only bringing essential items.
- You will be asked to sign a Covid waiver & Gym Participant Adherence Contract. You will only have to do so once.
- You will swipe your membership key tag at check-in and have your temperature taken. Front desk staff will be behind the sneeze guards.
- Please enter at the front desk. Enter 2nd floor by main stairwell by the R'ball court. You will exit the second floor by the Emergency exit door by the elevator (handicap members will use the elevator to enter and exit the second floor).

General Facility Restrictions and Changes:

- Locker rooms will be closed for gym use. Locker use is suspended.
- Child Care will be closed until further notice.
- No cycle classes.
- No Racquetball

General Facility Cleaning:

- Bathrooms and high touch surfaces will be cleaned hourly.
- Use hand sanitizer before and after use.
- All equipment is required to be cleaned by members after each use. Expanded sanitizing stations are available.
- 1:15 – 2:30PM will be closed for a full cleaning of all 3 exercise areas.

See page 2

Gym:

- 45 min workout time frame. The building will be cleared for cleaning and sanitizing high touch areas.
- The 3 areas will have a maximum number of users. 20 users total for 2nd floor.
- 2nd floor Restrooms are open.
- Water bottle refill station is turned on.
- Due to social distancing guidelines some pieces of equipment will be limited.
- Please come ready to workout and leave directly after your workout. Enter through the front desk, move to second floor by main stairwell. Exit through emergency exit by elevator/restrooms. Reminder must wear a mask at all times.

Reservation System for Gym Time Slot

(609) 398-6900

Monday – Friday (5:30AM – 8:30PM)

5:30AM, 6:30AM & 7:30AM - 20 members Call @ 9:15AM or after (the day before)

8:30AM, 9:30AM & 10:30AM - 20 members Call @ 10:15AM or after (the day before)

11:30AM, 12:30PM - 20 members Call @ 11:15AM or after (the day before)

2:30PM, 3:30PM & 4:30PM - 20 members Call @ 12:15PM or after (the day before)

5:30PM, 6:30PM & 7:30PM – 20 members Call @ 1:15PM or after (the day before)

Saturday & Sunday (8:30AM – 4:30PM)

8:30AM, 9:30AM & 10:30AM - 20 members Call @ 10:15AM or after (the day before)

11:30AM & 12:30PM - 20 members Call @ 11:15AM or after (the day before)

2:30PM, 3:30PM - 20 members Call @ 12:15PM or after (the day before)

- Call the day before to reserve the time slot you would like.
- Must give at least 3 hrs. notice if you cannot make your time slot.
- Only one gym & one pool time slot per day. Unless spaces are available. Phone reservations only.

Group Fitness Procedures Phase 1:

- Virtual fitness classes will continue to be posted on the OCNJ Aquatic & Fitness Announcements page.
- Fall schedules begin 9/14. The fall schedules will host an 11AM Water Exercise Class & Outside Group fitness classes.
- Participating in an outside group ex class will not count towards your one time slot.

The front desk will not process financial transactions. Due to Covid restrictions, capacity limitations, and limited offerings for our existing member base, we will not be accepting new or renewed members or guests. Must be an active member or have been active in March. Your membership will unfreeze when choosing to use the gym.