

Covid-19 puts a new twist on how to #Findyourspotownit at Z Spot Fitness!

Hi Everyone,

My hope is you are healthy and happy as the world around us begins to come alive again. With much thought we have decided to open Z Spot doors and hold classes in the ANNEX Gym this coming Monday June 15th. Starting Monday, we will be offering weekday evening and Saturday morning classes in the ANNEX gym. We will continue to livestream every one of our classes including the ones taking place in the gym so you may continue to take them from the comfort of your home or from wherever your day takes you because the virtual gym has no boundaries.

We are very excited and also very busy pulling out all the stops when it comes to your safety. We are being diligent in following all the guidelines put together by OSHA, CDC, and the Michigan Governor. It is necessary to put some responsibilities on you as well. Please do not come to a Z Spot class if you feel ill, have a dry cough, fever, sore throat, diarrhea or shortness of breath. Please use social distancing appropriately before, during and after class and wear your mask at all times except when doing the workout. Below is how we ALL must proceed and continue to do our part to keep this virus at bay in our gym environment. Please read the following carefully and thoroughly as there is much to go over.

New COVID-19 Procedures to #Findyourspotownit!

Prior to the class

- Use our online registrations system to sign up for class in advance at <https://schedulezspot.as.me/> The classes are being held in the ANNEX gym and specifically say in their title that they are at PARC.
- Registration closes one (1) hour prior to class starting. You will not be allowed in class without registering online. Sign up early there are only thirteen (13) workout spots available.
- Paying for these classes will be done in person at the gym with cash/check or punch card. These classes will NOT be paid for online even though you will have to enter your credit card information. Your credit card is needed to reserve your spot. It will NOT be charged unless you reserve a spot and do not show up for class or do not **cancel giving a 24-hour notice**.
- There will be a new COVID -19 paragraph added to our liability form and you must agree to the terms in order to complete registration
- There will be an equipment reservation form to be filled out for the appropriate classes. Hand weights, kettlebells and Pilates balls will be available and assigned on a first come first serve basis. **We encourage you to bring your own equipment** but please do not share with others during class.

- **You are responsible for bringing your own mat to use when appropriate. Also you will need to bring your own resistance band(s) for Fit Happens and Barre classes.** We do have a limited supply of brand new green resistance bands on sale for \$10. We have NO mats available for use or for sale.
- **VERY IMPORTANT!** After you register, you will receive a confirmation email which will contain the link to a COVID -19 Questionnaire. The link will also be included in the class reminder email you will receive if you sign up more than a few days before class. **This form is required** and necessary for us to keep on hand for information tracking purposes. It needs to be completed **no earlier than 24 hours before class.** The information will go into a database where it is date stamped. Your form will be checked prior to your admittance into class and the time will be checked. If you have answered yes to any of the questions on the form you will be denied entry into the gym.
- If you feel ill in anyway or have fever, dry cough, sore throat diarrhea and/or shortness of breath prior to the class please do not come to the gym and we will be happy to see you on another day when you feel better.

Your arrival at PARC –Plymouth Arts & Recreation Center

- Please arrive 15-20 minutes before class in order to get through the check in procedure.
- When arriving please park in the lot behind PARC and enter through Door #16 which will be on your right as you park your car. Door #16 has the orange” Z Spot Fitness” sign above the door.
- Please leave as many personal items as possible in the car. Only bring in water, car keys, wallet with money/punch card for class.
- You must wear your facial mask the entire time until you reach a designated workout spot on the gym floor. When you reach your spot you will be able to remove your mask for class.
- As you enter door #16 please have your mask on and observe social distancing there are X's taped on the floor to help with observing the 6 feet apart distance.
- When you reach the desk you will pay for the class while being checked in. We will be looking for your name on the reserved list, the agreed to liability form, and your completed COVID-19 form. The COVID-19 form requires you to take your temperature. If this is not done at the time of filling out the form, we will be required to take your temperature at the desk. If your temperature is above 100.4 you will be asked to leave immediately.
- After check in and payment please use hand sanitizer on hands before being directed to pick up your reserved equipment or to an area to leave personal items (jackets, keys etc.) You may take your water bottle with you. When you pick up reserved equipment you will leave your personal items in the same spot you found the equipment. After class you will return the equipment to that same spot and pick up your personal belongings.
- Then you will be allowed to find your spot and own it, take off mask and have a blast while taking class.

During and after the class

- The thirteen **(13) designated workout spots** are marked on Annex gym floor and have been measured to ensure **a 10 foot radius** around them. They are offered on a first come first serve basis. Please use social distancing to stay within 6 feet of another person
- Please do not leave you spot during class unless absolutely necessary. If necessary, please put on face mask before leaving your workout spot. Please try to use restrooms prior to class.
- After class please put your face mask back on and do not leave your workout spot until the staff tells you. The last row will be instructed first to drop off equipment and pick up personal belongings at their spot at the back of the room. This will continue row by row in order to observe social distancing guidelines. This is where we will say are goodbyes until we meet again.

Z Spot Will Take Care of This!

- Z Spot Staff/Instructors will be required to fill out COVID-19 Questionnaire each class
- Z Spot staff will prop interior doors open and block off areas not to be entered in order to decrease the amount of areas touched.
- Z Spot staff will wear masks and gloves during the “check in process” and also after class is over and during the closed down procedures and disinfecting.
- Z spot desk staff will assist clients with instructions, questions and any clarifications needed
- Z Spot Staff will disinfect each piece of equipment before class and set it out marked with client’s name for pick up.
- Z Spot staff will ensure social distancing during the payment process and remind client to disinfect with hand sanitizer before getting equipment.
- Z Spot staff will make available hand sanitizer at the desk for clients to use after check in and before equipment pickup/ workout and then again after workout/equipment return before departure.
- Z Spot staff will disinfect used equipment after class and put it away for next class.
- Z Spot desk staff will disinfect all common areas, desk light switches, doorknobs, railings, entire entry way and area designated for personal items.

Other Information You Should Know

- The kitchen, hallway to the Green Room and the Green Room are common areas that will be off limits at this time
- Bathrooms- only one person in the outer restroom area at a time. Please knock before entering to make sure room is empty.
- Hand sanitizer will be available at all times on the Z Spot desk and in the hallway wall dispenser just outside the Annex Gym doors by the Rotary Room.
- The water fountains are closed, therefore make sure you bring ample water for your workout and post workout.