

## CORONAVIRUS SERVICE UPDATE - SEPTEMBER 28, 2020

### FITNESS ROOMS NOW AVAILABLE BY APPOINTMENT

Fitness and exercise rooms in the Aquatic & Fitness Center and Quinault Lower Level (Quinault residents only) will open for use by appointment beginning Monday, October 12th. Appointments are for one person OR one household\* per appointment time (\*two people from the same household can exercise together). Appointments are for 45 minutes, with 30 minutes between each appointment.

### ROOMS AND EQUIPMENT AVAILABLE

#### **Aquatic & Fitness Center – Fitness Room #1**

Dual Cable Cross Machine | Seated Wide/Narrow Row Machine | NuStep | Matrix Rower

#### **Aquatic & Fitness Center – Fitness Room #2**

NuStep | Recumbent Bike

#### **Aquatic & Fitness Center – Equipment Room**

Treadmill | Elliptical | Leg Press | Leg Extension | Leg Curl | Chest Press

#### **Quinault Exercise Studio (Quinault Residents Only)**

Treadmill | Elliptical | Hand Krank Cycle | Hybrid Upright/Recumbent Bike | NuStep  
Dual Cable Cross Machine | Leg Press | Ab/Low Back Machine | Multi-hip Machine  
Lat Pulldown/Low Row Machine | TotalGym Machine

#### **Quinault Fitness Room (Quinault Residents Only)**

Treadmill | Matrix Rower | NuStep | Spin Bike

### HOW TO MAKE AN APPOINTMENT

**Aquatic & Fitness Center:** Appointments can be made each Tuesday from 8:00 am to 4:30 pm (starting October 6th) for the following week. Contact Erin Dorn (x7772 or [erin.dorn@panorama.org](mailto:erin.dorn@panorama.org)) on Tuesdays to sign up. You can sign up for two spots per week. Any additional requests will be put on a wait list.

*Your message must include the following information:*

- Your first and last name
- Which fitness room
- Appointment day and time - first choice(s)
- Appointment day and time - back up choice(s)

**Quinault Fitness Room & Studio:** Appointments can be made by calling the Quinault Screening Station at x6560. You can sign up for two spots per week.

*If you leave a message, please include the following information:*

- Your first and last name
- Which fitness room
- Appointment day and time

## APPOINTMENT TIMES

9:30 am – 10:15 am

10:45 am – 11:30 am

12:00 pm – 12:45 pm

1:15 pm – 2:00 pm

2:30 pm – 3:15 pm

3:45 pm – 4:30 pm

## ON YOUR APPOINTMENT DAY

- Do not arrive at the facility until 5 minutes before your appointment time, and do not linger once it ends.

**Aquatic & Fitness Center:** Report to the Central Screening Station to be screened (no earlier than 15 minutes before your appointment time). Enter and exit the Aquatic & Fitness Center through the South entrance automatic doors. These doors will remain locked and will only be opened by the AFC Coordinator or lifeguard. You will be asked to show your screening receipt upon entering.

**Quinault Fitness Rooms:** Enter the Quinault Lower Level through the central elevator. Check in at the screening station for screening before accessing the Fitness Room or Exercise Studio.

- Arrive dressed in your fitness attire.
- Masks are required at all times *except* while exercising.
- The door of the room must remain closed while equipment is in use.
- Wipe down the piece(s) of equipment before and after use, as well all other surfaces you touch (door handles, window sills, light switches, etc.).
- Bring your own water bottle.
- Small equipment items (dumbbells, resistance bands, mats, foam rollers, kettlebells, medicine balls, etc.) will not be available for use. However, you may bring your own equipment.
- You can only use the room reserved, even if another room is open.
- Aquatic & Fitness Center locker rooms will remain closed (the pool deck bathrooms are available for bathroom use and hand washing only).