

## **QUEST IS OPEN WITH REGULAR HOURS**

### **Welcome back, we have missed you.**

Our goal is to make you feel safe and comfortable, as you return to exercise indoors.

- We are open for a maximum of 50 customers at any time. We have spaced out the equipment to promote social distancing.
- Currently locker rooms are only available for bathrooms (no showers or towel service)
- All classes are held outdoors

### **Keeping Quest Clean**

Quest is well known for its high standards of cleanliness, in addition to increased cleaning, our cleaning company will be 'Fogging' the building with disinfectant spray each night when we close, including all equipment.

During the day, Quest Staff will be performing ongoing cleaning of equipment and amenities. We will be asking you to help with this process by wiping the equipment you use after use with the disinfectant wipes we provide.

**There is plenty of hand sanitizer available throughout the building, we encourage you to use this frequently as well as using safe personal hygiene.**

## **Exercise Guidelines**

Please wear a mask/face covering when entering Quest and when 6 feet of social distancing is not possible during regular exercise or when engaging in more intense cardio exercise when 14 feet of separation is not possible. If in doubt wear your mask.

Water fountains are only available to refill your water bottle, so please bring your own bottle. If you need a small towel during exercise please bring your own at this time.

## **Class Schedules**

For the rest of June we will only be offering outdoor group classes due to the stringent social distancing guidelines, see the schedule below for classes.

## **Swimming at Quest**

- The pool is open for individual exercise - no classes.
- Reservations are required for pool use, please call to book a 60 minute spot.
- Your 60 min session includes changing time.
- We are allowing 3 swimmers in the pool at a time to lap swim or water walk.
- We are currently not providing towel service, so please bring a towel.
- Swimmers can use the family changing room and the shower on the pool deck.

**We look forward to seeing you soon.**