

Welcome Back!

Sports and Fitness Protocols: New Capacity – 6 ppl for each time slot. Still must maintain 6 ft. distancing.

- Due to social distancing measures, members will need to book 1.5 hour appointments (from arrival through departure after showering) with reception at least one hour prior to your visit. No drop-in appointments
- Gym hours are 9am to 9pm with 7:30 pm being the last appointment time, Tuesday to Friday by appointment and members must check in with reception to confirm their arrival for their appointment and to answer the health questionnaire each time they access the club so please ensure you head directly to reception, NOT to the gym first.
- All 1.5 hour time slots will have to be booked through reception either by phone or by email. Reception hours are Tuesday to Friday 9am-9pm. Messages will be answered during Club opening hours. Email is preferred. Reception@UClubToronto.com
- Only one time slot can be booked per day.
- Lunch time slot (12:15-1:45pm) Tuesday, Wednesday and Thursday have classes start at 12:30pm and end at 1:30pm.
- Lunch times slots are only allowed to be booked 24 hours in advance.
- All other time slots may be booked at any time.
- Cleaning staff will sanitize the fitness centre after every appointment that has member participation.
- Members must wipe down their used equipment after use with the spray bottles provided and the tissue dispenser on the wall. Used tissues must go safely in the garbage bins.
- Only 6 members allowed per time slot (incl. classes and squash). 6 feet distancing must be maintained, therefore members cannot use machines side by side at one time. Space Out.
- The gym will be off limits when the Club is closed. Fob usage for back door entry is forbidden.
- Masks must be worn inside the UCT until you get inside the change rooms. Masks also have to be worn after your workout on the way out of the UCT.
- All machine and equipment use must be wiped down well after each use by members. Cleaning solutions will be provided. Club staff will also be sanitising between appointments.
- All instructors/trainers must be in a mask at all times while in the UCT and maintain 6 feet of physical distancing while teaching/training. No tactile cues (touching Members) allowed.
- Fitness manager Alix Kell's office will be completely off limits to any other staff and members. Please knock, instead of entering, or make an appointment beforehand for a meeting.
- No food or beverage will be served in the fitness lounge, but will be available by reservation upstairs in the dining room/Library.
- Squash courts can only be used if members are playing against those that are in their "bubble" as maintaining social distancing is not possible in the squash court.
- If you are experiencing any signs of sickness please do not come to the Club and follow Health Canada's list of protocols until you feel better. You will be required to answer a health questionnaire at the front desk each time you come to the Club, and to have your temperature taken.
PLEASE ALWAYS REPORT TO THE FRONT RECEPTION BEFORE YOU ATTEMPT TO GO TO THE FITNESS CENTRE.
- Please continue to practice washing hands prior and after your workout. Hand sanitizer will be available throughout the fitness centre.
- Please refrain from touching your eyes, nose and mouth to remove sweat. Towels will be available for this purpose. Please dispose of all tissues in the garbage bin and place used towels safely in the towel bins.

I (Alix Kell) will be teaching 3 classes a week on Tuesday, Wednesday and Thursday at the Club to start. I will also be continuing my Zoom classes for those that can't make it to the gym.

UCT CLASS SCHEDULE:

Monday

12:30 pm on Zoom: Total Body Conditioning

Tuesday

10:45 am on Zoom: Gentle Fit

12:30 pm at Club 20/20/20

Wednesday

10:45 am on Zoom: Intervals

12:30 pm at Club: Total Body Conditioning

Thursday

10:45 am on Zoom: Gentle Fit

12:30 pm at Club: Yoga/Pilates

Friday

12:30 pm on Zoom: Yoga/Pilates

Personal Training will be available upon request. These appointments have to be determined based on capacity and coordinated through me (Alix: Sports@UClubToronto.com)

I anticipate that August will be slow as it is the end of the summer and I'm sure most of you are enjoying the outdoors! The protocols and schedule will be looked at and adjusted accordingly as we continue to adhere to Health Canada and their recommendations while the Covid-19 pandemic continues.

I look forward to seeing everyone either on Zoom or in person!

We must remember that the battle isn't over quite yet. Covid-19 is still spreading through our communities. We here at the UCT want to ensure that we are creating a space that is as safe as possible while we exercise and get back to a little normalcy.

If you have any questions please reach out to me at

Sports@uclubtoronto.com

See you all soon!

Alix Kell

Fitness Manager at the University Club of Toronto