



September 9, 2020

Clean & Safe – Part III

Hello again everybody ---

Let's start with a huge THANK YOU to all of you who've been FANTASTIC about keeping your "Mask Promise" and wiping down equipment after every use. You guys have been AMAZING ... THANK YOU ALL SO MUCH !!!

More and more people are returning to working out every day. They wear their mask, they stop by and walk around for a few minutes, and they see for themselves EVERYTHING that we're ALL doing to keep **Big Sky CLEAN & SAFE !**

Haven't come in yet to look for yourself and get back to normal working out ?
The slowest times of the day in the clubs is either around 12noon, or any time after 7p.
Stop in any day this week.

Ok, here's the latest on what's going on in the world of Big Sky:
(This includes info on showers, Kids' Club, classes, tennis, swimming, and massage.)

CLEANING and SANITIZING: On top of all of our existing cleaning protocols, we're still closing all (5) clubs from 1p – 2p every day, 7 days per week for EXTRA sanitizing. We're the only gyms in the area doing this, so THANK YOU EVERYONE for your support here !

Every hour, we're still disinfecting all counter surfaces, door handles, & hand rails with hospital-grade disinfectant cleaner which kills COVID-19 as well as the H1N1 Influenza A virus.

CHECKING IN: Another area you guys have been GREAT about ... after scanning your membership card at the touchless check-in, EVERYONE has been checking their body temperature with our NEW, infra-red touchless temperature scanners.

Anyone with a temperature greater than 100.4 degrees is not allowed into the clubs. If you're not feeling well, please just stay home until you're feeling better or you've been tested as negative.

USING THE FACILITIES: Hand sanitizer stations are still available in all (5) lobbies. The solution in each includes 70% ethyl alcohol, above and beyond the CDC's guideline of 60%.

The NEW wall-mounted units were also installed throughout ALL the clubs this past month.

All equipment now allows for 6 ft + distancing, including at least 6 ft+ between every piece for cardio distancing.

There are (6+) spray bottles at each Cleaning Station, all stocked with the same disinfectant germicidal mentioned above. The NEW, "hotel-like" cleaning carts are all still positioned throughout the clubs so supplies are ALWAYS within reach.

SHOWERS: re-opening Monday, 9/14 !

Showers are private, for one person at a time, and as such are safe.

Just to be EXTRA careful though, there will be sanitizer spray bottles for each shower.

Please spray the faucets / handles down with the sanitizer every time you take a shower.

KIDS' CLUB: re-opening Monday, 9/14 !

Now that schools are back in session, we can finally get back to providing some quick relief for Moms & Dads.

In accordance with the CDC's recommendations, masks will be required of children ages 3+.

To make sure that Kids' Club staff can keep up with that, we'll start-out limiting the number of kids who can be in there at any one time:

	Newington	12
Simsbury	8	
New Britain	8	
Vernon	12	
Farmington	8	

We're going to try to do this without you having to reserve your child's time slot.

If demand warrants it, we'll very quickly put a scheduling system into place.

Go to bigskyfitness.com, click on your gym location, & scroll down for each Kids' Club hours.

GROUP-X CLASSES, including SPINNING: re-opening Monday, 9/14 !

The state is requiring 6 ft distancing, but to be extra safe, we're exceeding their guidelines.

ALL our Group-X studios now have floor markers that are distanced 8 ft apart ! (Bikes are being moved into the big studio so you Simsbury Spinners have more room to work with.)

Classes will resume with trimmed-down schedules in each club. We'll start-out with the more stationary formats (like BodyPump, Spinning, & Yoga) to make distancing easier.

Masks will be required as you come & go, while setting up, cleaning up, and leaving the class. With 8' of distancing, they won't be required while you're actually doing the class.

Because demand for Spinning is so high at Big Sky Newington though, the bikes there are set at 6 ft distances and masks will be required. (Depending on how hard you spin, Newington bikers may want to consider bringing an extra mask or two to change into during your class.)

Virtual Group-X classes will continue online for another couple of weeks at <https://www.facebook.com/BigSkyFitness/>.

Click on bigskyfitness.com, click on "group x", then scroll down to click on your gym's class schedule.

TENNIS: re-starting this week of 9/8 !

Following USTA guidelines, cleaning supplies were added for each of the indoor tennis courts at Big Sky – Farmington. There is TONS of space on and around the courts, so distancing there is easy !

SWIMMING: lessons and swim team re-starting this week of 9/8 !

The Farmington outdoor pool was closed for the season Tuesday.
Now the INDOOR POOL IS OPEN !

For more information on getting your kid(s) involved, or if you just want to ask a few questions, reach out to us at fitKIDS@bigskyfitness.com.

MASSAGE: re-starting Monday, 9/14 !

The therapists in Vernon (Barb and Carlie) are taking the same precautions as medical professionals. Just call or stop by the Big Sky Vernon Front Desk to schedule your next relaxing session !

PERSONAL PROTECTIVE EQUIPMENT (PPE):

At Big Sky, we're not just adhering to the CT state mask guidelines, we're exceeding them. We've figured out a way to make it more comfortable for you while you're working out, with signs posted throughout the clubs and on the cardio equipment explaining how we do that.

All members are signing & keeping our "mask promise" which has been a BIG part of why for ALL (5) SURPRISE Local Health Inspections, Big Sky has passed with flying colors !
(THANK YOU AGAIN EVERYONE !!)

There are (4) different versions of masks available at the Front Desks that are the easiest-to-wear, and the least cumbersome for working out. They cost only \$2 for the disposables, or up to \$6 for the washables (\$0 profit for Big Sky).

WEEKENDS:

Club hours have been temporarily expanded: Saturdays and Sundays 7a – 5p.

Big Sky – Farmington only: Sa/Su 7a – 6p (to allow for tennis matches to finish up.)

By the way . . . weekend afternoons are ESPECIALLY good times to stop by and try things out !

OK, that's everything for now.

CLEAN & SAFE . . . see you at Big Sky !