



Fitness Centre Reopening Guidelines and Safety Information

As of Monday, June 14, 2021 NESA members are eligible to return to the fitness centre for *low-intensity activities* (which are defined as being able to talk and breathe easily while engaged in exercise).

Activities that are permitted include: Walking and low-intensity paced activity on the treadmills, ellipticals and stationary bikes. Strength and resistance training including the use of hand weights and machines is permitted but only at low intensities.

Fitness Centre Sessions Schedule

-8:30am-9:45am / 10:00am-11:15am / 11:30am-12:45pm / 1:00pm-2:15pm
-8 spots per session are available

Machines and Equipment Available

Please note that equipment availability is *extremely limited* due to the updated social distancing requirements. Two treadmills, two bikes, one elliptical, various portable equipment and all resistance training machines will be available.

Continuous Mask-Wearing In Effect

Wearing a face mask is required at all times including during exercise, **no exceptions.**

Reservations Required

Advanced booking for access to the fitness centre will be required and available [online](#). Visit the 'Fitness Centre' menu on the 'What We Do' section of the NESA website to book.

Fitness Centre Passes Affected by NESA's April 6th, 2021 Closure

Expiry extension dates have been added to all passes that were still active as of the first day of NESA's most recent Covid-19 closure beginning Tuesday, April 6, 2021. A total of 10 additional weeks has been added to your current pass to reflect the period of time the NESA fitness centre was closed

Before You Arrive

- Ensure you make an online reservation in advance, drop-ins are not permitted;
- If feeling unwell, please email or call us to cancel your session and reschedule to another date when you are feeling better;
- Bring with you what you will need for a workout (indoor footwear, your water bottle pre-filled, a towel, a lock for the lockers) and payment for the purchase of your membership and/or passes;

Entry Requirements

- Please do not arrive any earlier than 5 minutes prior to the start of your booking;
- Ensure to have your face mask on before entering the building;
- Returning members must have a NESA 2021 active membership [Available for purchase upon arrival to first session];
- Please adhere to social distancing requirements during your visit to NESA;
- If possible, enter the fitness centre through the change room door;
- Please note that shower use is *not* currently available at this time.

Safety Protocol at NESA

NESA will continue to adhere to the required Covid-19 safety protocols as per Alberta Health Services and The City of Edmonton. All staff and patrons are required to adhere to guidelines.