

RUSH ACTIVE RE-OPENING

MONDAY 27TH JULY 2020

We've been making changes and adaptations to make The Hub a safe and fun place to be. Below, we've listed some of the ways in which things might be a little different. Don't worry though, we are here to guide you every step of the way and we can't wait for you to come back and enjoy our gym facilities and studio classes once again.

BEFORE YOU ARRIVE.

- You must pre-book before coming along to the gym or a class. You will be able to do this via our Booking System online or by calling/emailing us at The Hub.
- Booking System & Timetable is available on our **Gym & Class Bookings webpage**.
- This system will ask you to agree to our updated Health Declaration & Terms & Conditions before you can make your first booking. (Information on this will be on your Bookings & Timetable email coming soon.)
- For those unable to access booking online, all bookings and completion of forms can be done via The Hub reception.
- Non-members can book with us by calling or emailing The Hub.
- Gym and class space is limited to make sure that social distance guidelines are followed so please cancel or re-schedule 24 hours in advance if you need to. You must arrive for your session no more than 5 minutes early.

YOUR SAFETY IS OUR TOP PRIORITY

- Please use the available hand sanitiser when you arrive at the studio. Hand sanitiser stations are accessible as you enter and exit The Hub, the gym and the studio.
- Please make use of the anti-bacterial wipes provided to sanitise any equipment you use before and after use, in both the gym and studio.
- Please follow the signage on the doors and floors in order to safely navigate your way around The Hub and adhere to social distance guidelines.
- Please make sure that you stay in your clearly-marked, designated areas whilst using the Free Weights and Functional areas in the gym and whilst in the Studio.
- Please be aware of pieces of equipment that are temporarily out-of-use in order to follow social distancing guidelines. These pieces of equipment have been clearly marked.
- Please do not bring any sweat towels with you, but rather make use of the paper towels provided.
- Please use the water fountains to fill personal water bottles only, and make sure you follow the guidelines clearly stated at each water station.
- Please be aware that lockers will be out-of-use. We advise that you arrive gym ready to prevent use of the shower, which can be available if necessary.
- Staff will sanitise and reset the gym after every 50 minute session, and the studio after each set of classes.

WE'VE LOWERED OUR CLASS CAPACITY

- Our timetable has some adjustments to it in order to accommodate sanitisation processes.
- Classes will run at significantly reduced capacity in order to allow you to be distanced between each workout station.
- Our air conditioning system has been approved for use and will be working hard to bring fresh, cooled air into the studio (and gym area).
- Before and after each class, please make sure that you sanitise your equipment using the anti-bacterial wipes provided. If you have used a mat, please return it to the 'Used' pegs so that our staff can clean them after the class.

For clients who aren't ready to come back into the studio just yet, we have our [YOUTUBE CHANNEL](#) full of workout videos and our [FACEBOOK PAGE](#) where you can find a variety of different workouts.

IF YOU FEEL UNWELL, PLEASE STAY HOME & STAY SAFE. Working out is not only counterproductive when you're sick, it's also a safety concern right now. To help protect the well-being of our community, we've also instructed our staff to stay home if they have even the slightest of symptoms.