

Covid-19 Update The Fitness Pod

Re- opening

Dear Members

Since my last update my team and I have been working hard to get the Fitness Pod ready so that we are able to re-open following the Government guidance allowing the opening of gyms and other fitness and sporting facilities from the 25th July. I am pleased to confirm that the fitness pod will be re-opening on Saturday 25th July.

Due to the ongoing restrictions arising from Covid-19, the gym will need to be operated in a more controlled way. The Gym will be available to all members by appointment only, bookable via the Fitness Pod app in the same way you could previously book an exercise class. Sessions will be 90 minutes long and bookable 24 hours in advance. Our class program will remain online for the time being.

Membership fees will not start to be recharged until 1st September, but we would love you to start using the Fitness Pod as soon as possible. All community memberships will be re started with the first Direct debit collection due to be collected on 1st September.

Members are invited to download the Fitness pod App. That will allow you to book your sessions. As long as you have a current membership you should be able to download and use the app.



Login In Detail are:

Password: email address

User name: DOB DDMMYYYY

Should you have any difficulty with downloading or operation the app please don't hesitate to contact us by phoning the fitness pod reception 020 8411 6343

Our staff and Your wellbeing is our highest priority. As part of our commitment, we will be introducing several cleaning, hygiene and social distancing measures to keep you safe.

1. Keep It Clean

- We will be working hard to ensure that our equipment and facilities are kept spotless at all times. We will be increasing cleaning measures throughout the gym and our gym team are here to assist you as and when you need it.

2. Clean Your Kit

- Let's work together to keep the gym really shiny and safe for each other. We ask that all members take responsibility for cleaning all the equipment that they use as and when you use it. We would really appreciate your help by wiping down your equipment areas use once you

have used it. You will be given a bottle of cleaning sanitising spray and paper towels as you enter the gym for you to use while you work out.

3. Sanitise your hands

- You'll find a hand sanitiser dispenser as you enter MDX house and before the gym, It's there for you to use before and after your workout, or and wash your hands using hot water and soap in the toilet or changing areas.

4. Keep your distance

- Whilst using the fitness pod please do your best to maintain a safe gap between you and other members, as you move around the gym, when you work out, and when you use the changing rooms. Some equipment has been taken out of action to maintain social distancing and will be putting down floor markers to help you as well, so please use them.

5. Our Staff

- Please can we ask that you're patient with your gym team and other members, particularly where we need to maintain social distancing to keep everyone safe. We know it's annoying to have to queue or wait for equipment but do bear with us. If you're not happy with anything then let a member of the gym team know.

6. Changing Rooms & Showers

- We ask all our members to come to the gym ready to work out and not use of the changing and shower facilities on site.

7. Session Times

- Although session times will be 90 minutes, you will be asked to leave the gym 5 minutes prior to the end of your session to allow time for staff to prepare the area for the next session and to allow for social distancing.

8. Drinking water

- To allow for the best possible hygiene practice, there will be no water fountains or drinking water available on site. We ask all members to bring their own drinking water with them.

We are really happy and excited to be welcoming you all back to the Fitness pod and hope, with the above systems and procedures in place we can operate a safe environment for us all. I kindly ask that you follow these steps for everyone's safety and wellbeing.

We look forward to seeing you.

The Fitness Pod team