

Dear Members

As I'm sure you will be aware the current lockdown is coming to an end and we are delighted that we are able to once again welcome all our members back to the Fitness Pod. I am therefore pleased to confirm that the Fitness Pod will be re-opening on Wednesday 2nd December.

Due to the ongoing restrictions arising from Covid-19, the gym will continue to operate in a controlled way. Gym sessions will again be available to all members by appointment only, bookable via the Fitness Pod app. Sessions will continue to be 90 minutes long, and bookable 24 hours in advance. Our class program will remain online for the time being, however, we are hopeful that we can introduce some classes in the new year.

Our opening times will be:

Weekdays: Monday – Friday, 7am – 10pm, with sessions:

Morning: 7-8.30am, 8.30-10am, 10-11.30am

Afternoon: 11.30-1pm, 1-2.30pm, 2.30-4pm

Evening: 4-5.30pm, 5.30-7pm, 7-8.30pm, 8.30-10pm

Weekends: Saturday – Sunday, 9am – 5pm, with sessions:

Morning: 9-10.30am, 10.30-12pm

Afternoon: 12.30-2pm, 2-3.30pm, 3.30-5pm

Direct Debit membership fees will not start to be recharged until 1st January in lieu of the November collection. All pre-paid annual memberships will have any time lost due to the closure, added to the end of their membership expiry date.

If you haven't already done so, 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:

User name: email address

Password: Date of Birth - DDMMYYYY

Should you have any difficulty with downloading or operating the app please do not hesitate to contact us by phoning the Fitness Pod reception on 020 8411 6343 during normal opening hours.

As always, your wellbeing is our highest priority. We will continue to be vigilant with the cleaning, hygiene and social distancing measures we have in place to keep you safe.

A reminder of our current safe operational policies and procedures is listed below:

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 the equipment that they use, as and when they 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 sanitising spray and paper towel 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 just before you enter the gym. It's there for you to use before and after your workout or alternatively 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 toilets. Some equipment has been taken out of action to maintain social distancing and we have put down floor markers to help you as well, so please do 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 please 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 to not make 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. Please do not show up or attend the Fitness pod outside of your booked time.

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 once again operate a safe environment for us all. We kindly ask that you follow these steps for everyone's safety and wellbeing.

We look forward to seeing you soon,

The Fitness Pod Team

Middlesex University