

New Hampshire Gym Access Available – In Group Format - JUNE 1st

Having had a few days to digest the New Hampshire State Governor's plans to re-introduce fitness into the mainstream of lives through the allowance of "small group exercise", we have developed our first ever group training program called "**Vanguard Flex**" which will allow any member (existing or new) who wishes to participate, full access to any of our New Hampshire locations during designated times while following the strict guidelines put in place by the state as well as those instituted under our own policies for the time being. **PLEASE READ THIS ENTIRE MESSAGE CAREFULLY** to see how it will work (there is a lot of information):

- We will be activating the billing for all memberships as of June 1st for members who have selected the **Dover, North Hampton or Portsmouth** locations as their "home club" unless a freeze extension has been requested for another specified end date or to be left on "open-ended" status. Members who have selected Newburyport or York as their home locations will remain on freeze. Newburyport and York members may request to have their accounts activated as well for use in only the New Hampshire locations upon request.
- **Any current Vanguard Key Club member is eligible to participate.**
- Members will be required to schedule a one hour session at a specific location during a pre-set range of times offered. Scheduling can be achieved through website online. You MUST login to the portal to use the SCHEDULER.
- Please DO NOT schedule too far in advance (2-3 times per week for now at most) and if you can't show up be sure to cancel your reservation online or you may be charged for taking the time slot someone else could have used!

NOTE: If you have not created an account for the portal yet, you will need to do so before scheduling. You may access the Login page at: <https://vanguard.mosportal.com/Login.aspx>

After signing in you may proceed to the SCHEDULER listed in the menu to the left.

Please contact us you have trouble logging in. Chrome and Firefox are recommended browsers.

- Sessions will initially be capped at 10 members per location, and there will be set gap times between sessions to allow for safe social distancing change over. Reservations will be on a first come first served basis and we will offer as many sessions through the day as is feasible for the time being. There will not be any "overnight" sessions made available at this time as our crews will be in cleaning, fogging and disinfecting.
- An instructor/attendant will be on site to provide that mandated State guidelines are being met while members are working out and to clean and disinfect as designated.
- This is "flex" workout time which means that members will have use of all the facilities offered to provide for the best personal workout experience.
- Because we will be providing an Instructor/attendant to be on site during these sessions, **members will be required to pay a \$3 fee per session to be paid directly to the instructor/attendant for their services upon entry.** Remember, we don't generally have staff

on site and regular monthly dues are based on access, maintenance and facility usage, not payroll, so this will cover those folks until such time we are allowed to go back to business as usual and remove them from the equation.

Members not wishing to jump back into the fray of exercising with others just yet may still schedule a “private” facility workout for \$20 while remaining on freeze. This option will now only be available at the York and Newburyport locations until such time they are permitted to open under normal operations. Personal trainers may still be on site at those locations from time to time.

In addition, we will be making a small rate adjustment **beginning July 1st. Active memberships will be increased by \$3 per month across the board.** It has been nearly 10 years since our last adjustment and during that time, we have absorbed all of the increases in categories such as rents, utilities, insurances, maintenance and in virtually every other category. These past few months have offered us some new challenges as well, so it’s my hope that the additional .10 cents per day will not be a hard pill to swallow for most. We desire maintaining that quiet, non-crowded, “private”, workout environment that the big boxes don’t offer (as I’m sure you do as well) and my guess is that most people are saving more than \$3 on gas each month right now anyway 😊

Now...Here are some of the key Guidelines members will be expected to follow during your workout session until further notice.

- If you are SICK or FEELING ILL- OR -if any of the following conditions apply - DO NOT ENTER UNDER ANY CIRCUMSTANCE
 - a. Any symptoms of COVID-19 or fever of 100.4 degrees F or higher.
 - b. Close contact with someone who is suspected or confirmed to have COVID-19 in the past 14 days.
 - c. Traveled in the past 14 days either:
 - 1) Internationally (outside the U.S.),
 - 2) By cruise ship, or
 - 3) Domestically (within the U.S.) outside of NH, VT, or ME on public transportation (e.g., bus, train, plane, etc.).
- Members are being asked to maintain proper social distancing as indicated below whenever and wherever possible. To that end we have separated the busiest equipment sections to provide for proper distancing between members when using equipment. In the cardio sections, we have marked off equipment that is **not to be used** to provide for this distancing for the time being.
- Showers and water fountains have been restricted. The intent is for member to “wear-in, wear-out” and not spend any unnecessary time in the gym. So bring your own water bottles...you can

fill them at a locker room sink if you like. We anticipate showers to be made usable in a few weeks.

- We are temporarily removing all floor fans to reduce direct airflow over another person while they exercise.
- Many of you who are friendly in the gym have likely not seen one another for some time. We ask that you restrict your lengthy social conversations to outside the facilities before or after your workout so as not to spend any more time in the gym than necessary.
- Although we will have disinfectant sprays and wipes available, as we usually do, you might want to consider bringing your own disinfectant wipes to your workout to keep you from having to run back and forth to our stations.
- Wear a mask if at all possible while exercising. This is highly recommended.
- Make every attempt to exercise 6 feet or greater from another member not of your household.
- Wipe down equipment BEFORE and AFTER each use.
- DO NOT leave a station or equipment un-attended. (Use it, clean it, put it away and move on – no super sets)
- ABSOLUTELY NO GUESTS ALLOWED – MEMBERS ONLY

Any member found not abiding by these guidelines will be asked not to return until they can be met

I look forward to welcoming you back, even under this rather unorthodox, restrictive and perhaps inconvenient first phase of our re-opening, but I believe that we will be able to carry on without much difficulty now that we have a plan in place, rules to follow and great members who really just want nothing more than to get back to the gym in a safe, respectful environment. Normal operations are just around the corner so I hope you find it in your schedule to set up a time, stop in, have a great workout and enjoy what we are trying to offer. It's not perfect, but it's a far cry better than where we were a few weeks ago, so hopefully we can keep heading in the right direction.

Thank you again, now let's get back to the gym!

Craig