



## INSPIRE FITNESS CENTRE -REOPENING JUNE 2020

Inspire Fitness Centre will reopen on Wednesday 10 June, 2020.

New opening hours, services and prices can be found here: <https://inspire.org.mt/wp-content/uploads/2020/06/Fitness-Centre-Info-June20-.pdf>

### A NEW BOOKING SYSTEM

Use of GYM, POOL and MASSAGES will now have to be booked on an ONLINE BOOKING SYSTEM which can be done:

- individually by the member
- at the Fitness Centre

CLICK

HERE: <https://outlook.office365.com/owa/calendar/InspireFitnessCentre@inspire.org.mt/bookings/>

#### **Pool Bookings:**

##### ***Maximum Booking time - 1 hour***

The options for pool bookings are as follows:

4 persons in Lane 1 (fast lane is mostly used by fast swimmers)

4 persons in Lane 2 (middle-lane mostly used by swimmers with average swimming speed)

4 persons in Lane 3 (therapeutic lane used by patrons who swim slower than average or for therapeutic exercises)

10 persons in the Leisure Swim Area (area next to ramp used for relaxation / therapy exercises)

**Gym Bookings:*****Maximum Booking time - 1 hour***

Gym can be booked in 30 minutes time slots (up to 1 hr) and booking refers to use of ground floor and 1st level.

**Massage Bookings:**

Massages can be booked (up to 4 hrs in advance) in and each massage is 30 minutes long. Back-to-back massages can be booked for a 1 hrs session.

**The customer making the booking will receive an email at the email address provided during the booking process. Any cancellations can be done by clicking on 'Manage Booking' button found in the email.**

**IMPORTANT THAT CUSTOMERS DO CANCEL YOUR BOOKINGS IF YOU INTEND NOT TO ATTEND IN RESPECT TO OTHER FITNESS CENTRE SERVICE USERS.**

Your cooperation is highly necessary and will ensure a smooth running of the fitness centre whilst adhere to the protocols. All of these measures have been taken to safeguard the health of the members and our staff alike.

## RULES AND REGULATIONS

### SHOWERS, TOILETS AND CHANGING ROOM FACILITIES

- CHANGING CUBICLES AND SHOWERS in the changing rooms will NOT BE AVAILABLE.
- Toilets only will be available.
- Wet rooms will be available for persons with a disability ONLY and keys can be requested to the pool attendant.
- SHOWERS ON POOL SIDE SHALL BE AVAILABLE and have to be used before and after entering the pool.

### POOL FLOATING AIDS

- Members are encouraged to bring their own floating aids, including pool noodles and tyres. Such floating aids previously provided by the Fitness Centre will not be available.

### GYM EQUIPMENT

- Yoga mats, skipping ropes, ab rollers, thera bands and similar small equipment will NOT be available. Members are encouraged to provide their own personal equipment.
- The machines have been spaced out according to protocols provided, however, it is important to respect the 2 mtr and 3 mtr (whilst working out) social distance at all times. We should all be responsible of our behaviour in these situations.
- CLEANING OF EQUIPMENT SHALL TAKE PLACE BY THE MEMBERS BEFORE AND AFTER USES.
- USE OF TOWELS ARE OBLIGATORY.
- Masks are necessary before, in between and after workouts, but SHALL NOT BE WORN DURING EXERCISING.

## **SWIMMING CLUB**

- SWIMMING CLUB sessions shall start as of Wednesday 10th June and swimmers are to communicate with their coaches for their respective swimming schedule.

## **SWIMMING SCHOOL**

- Since no contact during sport sessions is allowed by the authorities, swimming sessions CANNOT START FOR NOW especially considering that young participants will definitely require physical support during the sessions by the instructors. We shall stay on the lookout until further directives are released at a later stage.

## **FITNESS CLASSES**

- Fitness Classes will commence on 15 June. A new schedule will be announced soon.