



Peak Health & Wellness Center's

Stage 3 QUICK REFERENCE GUIDE

June 1st through June 12th, 2020

	Coeur d' Alene	Hayden	Post Falls
Club Hours	Monday - Friday 5:00 am to 8:00 pm Saturday & Sunday 7:00 am to 6:00 pm	Monday - Friday 5:00 am to 8:00 pm Saturday & Sunday 7:00 am to 6:00 pm	Monday - Friday 5:00 am to 8:00 pm Saturday & Sunday 7:00 am to 6:00 pm
Business Office Hours	Monday - Thursday 9 am -3 pm Friday 9 am -12 pm	Monday - Friday 12 pm - 3 pm	Monday - Friday 10 am - 2 pm
Membership	Monday - Friday 9 am -6 pm Saturday 9 am - 2 pm	Monday - Friday 9 am - 6 pm Saturday 9 am - 2 pm	Monday - Friday 10 am - 6 pm Saturday By Appointment Only
Guests	Local Guests and Local Punch Card Guests Only During Stage 3. No Non-Local Guests		
Job Applications	N/A		
SAFETY			
Positive COVID-19 Diagnosis	Contact the Club's General Manager or Notify Peak Via Website Contact page		
Screening	<p style="text-align: center;">REQUIRED, Every Time You Enter Any Peak Facility!</p> <p>If you answer "YES" to any of the following questions, you will NOT be allowed to enter the Club:</p> <ul style="list-style-type: none"> > Do you have a cough, shortness of breath, chills or sneezing with nasal discharge, a fever over 100.4 degrees fahrenheit, by thermometer testing? > Have you had any contact with a person known to be infected with COVID-19 within the previous 14 days? > Have you returned from out of state travel within the last 14 days? 		
Check In	Required For Every Person Entering the Building. Members Must Have a Current Picture on File.		
Spacing	Maintain 6' of distance between people. Workout alone. We are practicing Safe Distancing		
Cleaning	Thoroughly clean all equipment with disinfectant and micro fiber towel or paper towels before and after each use.		
Masks	We encourage use of a cloth face covering or mask and gloves by staff and patrons, where possible and safe		
YOUTH			
Kids Club	Open with Limited Hours and Limited Occupancy. Tween Centers Closed. Each child will have their temperature checked before entry. Parent must sign new updated waiver. Each child to wash hands at entry & exit. Member's children only during stage 3, no guests or punch card guests.		
Kids Club Hours	M-Th: 9 am-1pm & 4pm-8pm Fri: 9am-1pm Sat: 730am-1130am	M-Th: 730am- 1pm & 4pm-8pm Fri: 730am-12pm Sat: 730am-12pm	M-Th: 8am-1pm & 4pm-8pm Fri: 8am-1pm Sat: 715am-Noon
Kids Access	No One under 14 Allowed in the Club in Any Area		
Junior Tennis	N/A	No Junior programming. We will have group clinics with 4 or less students	N/A

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Swim Lessons	Swim Lessons resume with some restrictions		
Tumbling	Tumbling resumes with class size restrictions	N/A	N/A
AREAS			
Weight Room	Weight equipment remains spaced out to accommodate for 6' of social distancing Complete sets on same machine, with no more than 60 seconds between sets No circuit training on multiple pieces of equipment User is responsible for wiping down the equipment after use		
Cardio	Some cardio remain marked out of service for social distancing. Do not use if marked off. User is responsible for wiping down the equipment after use.		
Locker Room	Open. Wet Areas Also Open with Restrictions (showers, saunas, whirlpool & steam rooms) Sauna spaces will have limited users for safe distancing. Please limit your time to 20 min or less.		
Restrooms and Sinks	Available	Available	Available
Pool	Open for Lap Swimming with required reservation on the MindBody App	N/A	N/A
Cycling Studios	Available with limited amount of bikes to follow social distancing protocol. Must sign up on the Mind Body App. Can reserve up to two days in advance.		
Member Lounges	Open with limited seating. Single chair use only to follow social distancing protocol.		
Pro Shop	Open. Follow social distancing protocol. No Clothing is Allowed to be Tried-On. All Purchases Are Final, No Returns.		
ACTIVITIES			
Group Exercise	Continue Limited Classes Scheduled. Must sign up on the Mind Body App, No Drop-Ins. Participants are responsible for wiping down the equipment after use. Class sizes continue limited for social distancing. No Mats are Supplied, Bring your Own Mat. Water Aerobics resume with limited class size. Must reserve your spot on the MindBody App		
MUV Tribe	Limited schedule, class size limited for social distancing. Participants responsible for wiping down equipment		
Class Limits	Group X = 30 Cycling = 12 Pilates Reformer = 3 MUV = 10	Group X = 25 Cycling = 16 Yoga = 16 MUV = 10	Group X = 22 Cycling = 14 MUV = 10
Tennis	N/A	Tennis courts open for reserve play. Some restrictions on lessons. League play start in Stage 3.	N/A
Court Reservations	Racquetball: Singles & Doubles	Tennis & Pickleball: Singles & Doubles	N/A
	Must sign up on the Mind Body App Follow Social Distancing Guidelines Entering and Exiting the Courts		
Pickleball Open Play	N/A	Not Available	N/A
Personal Training	Available At All Clubs.		
Massage	N/A	N/A	N/A

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Physical Therapy	N/A	Available by appointment only	Available by appointment only
Basketball	Shooting/Drilling only. Must check out basket balls at the Service Desk. Court rentals begin June 1.	N/A	N/A
Towels	Not Available. Bring Your Own Sweat Towels and Shower Towels.		
AMENITIES			
Mats	Not Available. Please bring your own mat to group classes. Mats available for purchase at the service desk		
Lockers-Private or Day Use	Private Lockers Available. Day-Use Available with Restrictions. Follow social distancing protocols. Stay 6 feet apart.		
Juice Bar	Open. Protein shakes will resume. No Blending of products brought in by members. No water or ice refills available.		
Desk Water	Not Available. Please purchase bottled water, or bring your own.		
Drinking Fountains	Unavailable, with the exception of hands free bottle filling stations		
Ice Machine	Not Available		
Magazines	Not Available. Please do not leave your personal magazines at the club		

To Access And Download Your Own Copy Of The Stage 3 Quick Reference Guide,
Please Visit www.thePEAKid.com