



Modified Stage 2 QUICK REFERENCE GUIDE

Effective November 13, 2020

	Coeur d' Alene	Hayden	Post Falls
Club Hours	Mon - Fri 5:00 am to 9:00 pm Sat & Sun 7:00 am to 7:00 pm	Mon - Fri 5:00 am to 9:00 pm Sat & Sun 7:00 am to 7:00 pm	Mon - Fri 5:00 am to 9:00 pm Sat & Sun 7:00 am to 6:00 pm
Business Office Hours	Mon - Thur 9 am -3 pm Friday 9 am -12 pm	Mon - Fri 9am - 2 pm	Mon - Fri 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 Appt Only
Guests	No Guests During Modified Stage 2 - Members Only		
Job Applications	Hiring. See www.thepeakid.com/employment-opportunities		
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! 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	Members must 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. Limited Occupancy. Tween Centers Closed. Peak staff may check temperature upon entry. Each child to wash hands at entry & exit. Member's children only. No children of guests.		
Kids Club Hours	M-Th: 9am-8pm Fri: 9am-1pm Sat: 730am-1130am	M-Th: 8am-8pm Fri: 8am-12pm Sat: 8am-12pm	M-Th: 8am-8pm Fri: 8am-1pm Sat: 715am-Noon
Kids Access	No non-member children allowed (under 18) unless enrolled in a program		
Junior Tennis	N/A	We will have group clinics practicing social distancing	N/A

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Swim Lessons	Swim Lessons resume with some restrictions	N/A	N/A
Tumbling	Tumbling resumes with class size restrictions	N/A	N/A
AREAS			
Weight Room	Weight equipment remains spaced out to accomodate for 6' of social distancing Complete sets on same machine, with no more then 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. 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. Follow social distancing protocol.		
Pro Shop	Open. Follow social distancing protocol.		
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 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 = 16 Pilates Reformer = 4 MUV = 10	Group X = 25 Cycling = 23 Yoga = 16 MUV = 10	Group X = 22 Cycling = 14 MUV = 10
Tennis	N/A	Tennis courts open for reserve play. For Lesson/Clinic information contact Steve Clark 949.375.8565	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/Exiting the Courts		
Pickleball Open Play	N/A	Available	N/A
Personal Training	Available At All Clubs		
Massage	N/A	N/A	By Appt Only. Contact Patrick 208.964.8424

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Physical Therapy	N/A	Available by appt only Contact MAC PT 208.773.9888	Available by appt only Contact MAC PT 208.773.9888
Basketball	Shooting/Drilling only. Must check-out basket balls at the Service Desk.	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. 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		

To Access And Download Your Own Copy Of The Modified Stage 2 Quick Reference Guide,
Please Visit www.thePEAKid.com

*Modified from a
previous stage