

Choice Health & Fitness - As of June 22, 2020



FACILITY AREAS & PROGRAMS	CURRENT AVAILABILITY		PHASE ONE	PHASE TWO	PHASE THREE	REASONING	RESTRICTIONS / PRECAUTIONS
	OPEN	CLOSED	1) Social Distancing & Sanitation Protocols 2) Groups of 10 or less people	1) Social Distancing & Sanitation Protocols 2) No Large Events 3) Limited Recreation programs with social distancing	1) All Recreation Facilities Open 2) All Recreation Programs Open 3) Unrestricted Staffing of Worksites 4) No Large Events		
			AVAILABLE IN PHASE 1	AVAILABLE IN PHASE 2	AVAILABLE IN PHASE 3		
Administrative Services*	X		X	X	X		*Encourage online or phone communication.
Membership & Customer Service*	X		X	X	X		*Equipment and procedures in place for social distancing. Encourage online communication and online registration.
Lobby	X			X	X		
Deli*	X		X	X	X		*Limited Menu Items
Community Rooms		X		No outside rentals. Existing Park District and Altru Health System meetings only.	X	Closed per ND Restart Fitness Center Guidelines.	
Birthday Party Rooms		X		TBD	X	Closed until social distancing restrictions are eased.	
Childcare		X		TBD	X	Closed per ND Restart Fitness Center Guidelines.	
Kids Zone		X		TBD	X	Closed per ND Restart Fitness Center Guidelines.	
Aquatic Area	X			X	X		
Family Locker Room	X			X	X		
Men's & Women's Locker Rooms	X			X	X		
Steam Rooms		X			X	Closed until locker rooms are open and social distancing guidelines are eased.	
Restrooms	X		X	X	X		
Matrix Area	X		X	X	X		
Free Weight Area	X		X	X	X		
Extreme Training Area	X		X	X	X		
Yoga Room*		X	Personal Training only	TBD	X	No classes during Phase 1 due to limitations of ND Restart Fitness Center Guidelines.	*Note: Yoga classes are currently being held outdoors.
Basketball Courts*	X			X	X		*Social distancing guidelines /restrictions.
Racquetball Courts*	X			X	X		*Social distancing guidelines /restrictions.
Tennis Courts*	X		X	X	X		*Class size restrictions on drills and private group lessons. No team practices until restrictions are lifted.
Tennis Viewing Area		X		X	X		
Personal Training Studio	X		X	X	X		
Group Exercise Room*	X		Personal Training only	X	X		*Social distancing guidelines /restrictions.
Group Cycling Room*		X		TBD	X	Closed per ND Restart Fitness Center Guidelines.	*Note: Cycling classes are currently being held outdoors.
Keiser Area	X		X	X	X		
FreeMotion Area	X		X	X	X		
Cardio Area	X		X	X	X		
Pilates Area	X		X	X	X		
Track	X		X	X	X		
Altru Center for Prevention & Genetics	X		X	X	X		
Truyu	X		X	X	X		
USDA Human Nutrition Research Center	X		X	X	X		

**Choice Health & Fitness Summer Programs & Events**

**DRAFT**

PROGRAMS & EVENTS	CURRENT AVAILABILITY		PHASE ONE All Programs Closed That Cannot Meet Requirements.	PHASE TWO Limited Programs. No Games or Tournaments.	PHASE THREE Recreation Programs Reopen. No Large Events.	REASONING	RESTRICTIONS / PRECAUTIONS
	OPEN	CLOSED	AVAILABLE IN PHASE 1	AVAILABLE IN PHASE 2	AVAILABLE IN PHASE 3		
Online Registration for Programs*	X			Online Registration Open	Online Registration Open		
Athletic Development - Youth	X		X	X	X		
Basketball - Adult Noon		X		TBD	X		
Basketball - Youth League	X			Program begins July 6	X		
Basketball Lessons - Private	X			X	X		
Basketball Lessons - Youth	X			Program begins July 6	X		
Cornhole - Adult Leagues		X			TBD		
Fitness - Youth	X			Programs begins July 6	X		
Group Exercise - Cycling*	X			X	X		*Outdoor Classes Available
Group Exercise - General Population*	X			X	X		*Virtual Facebook Live Classes & Outdoor Classes Available
Group Exercise - Senior*	X			X	X		*Outdoor & Pool Area Classes Available
Group Exercise - Yoga*	X			X	X		*Outdoor Classes Available
Personal and Group Training	X		X	X	X		
Racquetball - Leagues		X		TBD	X		
Racquetball - Private Lessons	X			X	X		
Racquetball - Youth Lessons		X		TBD	X		
Swimming - Camp		X		TBD	X		
Swimming - Lap	X			X	X		
Swimming Lessons - Private		X		TBD	X		
Swimming Lessons - Youth	X			Available through Park District	X		
Tennis - Adult Leagues		X		TBD	X		
Tennis - Camp		X		TBD	X		
Tennis - Jr. Team Tennis		X		TBD	X		
Tennis - Private Lessons	X		X	X	X		
Tennis - Tournaments	X			X	X		
Tennis Drills - Adult	X		With restrictions	X	X		
Tennis Lessons - Academy	X			Programs begins July 6	X		
Tennis Lessons - Adult Intro Group	X		With restrictions	X	X		
Tennis Lessons - Youth	X			Programs begins July 6	X		
Volleyball - Adult Sand Leagues	X			Programs begins July 6	X		
Volleyball - Youth Leagues	X			Programs begins July 6	X		
Water Exercise - General Population	X			X	X		