



Peak Health & Wellness Center's

Stage 2 QUICK REFERENCE GUIDE

May 16th through May 30th, 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	No Guests During Stage 2 - Members Only		
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 Everyone Entering the Building. Members must have a current picture on file.		
Spacing	Maintain 6' of distance between people. Workout alone. We will be 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	Closed during Stage 2		
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
Swim Lessons	Not available during Stage 2. Please call to be put on waiting list.		
Tumbling	Closed During Stage 2	N/A	N/A

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AREAS			
Weight Room	Weight equipment is 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 will be 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	Wet areas are closed (showers, saunas, whirlpool & steam rooms) Please collect your personal items out of your locker and bring them with you each visit. Lockers are out of service during Stage 2		
Restrooms and Sinks	Available	Available	Available
Pool	Closed during Stage 2	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	Out of service in Stage 2		
Pro Shop	Out of Service during Stage 2 Exception: New Tennis Balls, Racquet Balls, Pickle Balls and Yoga Mats can be purchased at Service Desk Contact Zach Matthews for racquet stringing		
ACTIVITIES			
Group Exercise	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 limited for social distancing. No mats are supplied, bring your own mat. No aquatic classes.		
MUVTribe	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 only	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	Available by appointment only
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	N/A	N/A
Towels	Not Available		

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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	Not Availabe during Stage 2. Please come prepared and dressed to exercise.		
Juice Bar	Prepackaged shakes and products only. We will not be blending any drinks		
Desk Water	Not Available		
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 2 Quick Reference Guide,
Please Visit www.thePEAKid.com