PHASE 2 RE-OPENING

June 5, 2020
New (and temporary) hours
Monday-Friday, 6am-7pm
Saturday-Sunday, 7am-6:30pm

Forward Virginia Phase 2 states:
"Occupancy must be limited to no more than 30% of the lowest occupancy load on the certificate of occupancy, if applicable, while maintain a minimum of ten feet of physical distancing between all individuals as much as possible."

30% of MAC's occupancy certificate allows approximately 250 people inside; staff are monitoring check-ins, but we do not expect a problem. Members DO NOT need to sign up to use the club. Members DO need to sign up for lap lane swimming and for group exercise classes.

Phase 2 states, "Patrons, members, and guests must remain at least ten feet apart during all activities."

Please honor a safe "space cushion," and the only exception to this applies to members of the same household.

Face masks are not required while exercising, but encouraged at all other times.

GROUP EXERCISE CLASSES

Some group classes are held on campus and inside, either in GX1 or on the basketball court. Some classes will remain on Zoom.

Visit the MAC website for the most recent schedule and for locations. The schedule is posted under two tabs, the group exercise tab and the schedules tab.

Classes held on the MAC campus require
Phase 2 states, "Instructors and all participants of group exercise and fitness classes must remain at least ten feet of physical distancing between each other at all times."

Click for the [MAC website](#)
Click for the [class reservation system](#)

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**BOOTCAMP**

MAC trainers are offering small group, bootcamp style training sessions. If you are looking to get back into shape, or to ramp up your intensity, or for more accountability, this is the program for you. Each session is $15 per person, and advance registration is required.

Click for the [class reservation system](#)
Consult the group exercise class schedule and notice classes located on the basketball court (gym).

**INDOOR POOL, OUTDOOR POOL, POOL DECK, HOT TUB, SPA, SAUNA**

Phase 2 states:
"Hot tubs, spas, saunas, splash pads, spray pools, and interactive play features must be closed."
"Indoor and outdoor pools may be open for lap lane swimming, diving, exercise, and instruction only."
"Lap lane swimming must be limited to three persons per lane with ten feet of physical distance per swimmer."
"Diving areas must be limited to three persons per diving area with ten feet of physical distance per diver."
"Swimming instruction and water exercise classes must be limited to allow participants to maintain ten feet of physical distance at all times."
"Seating may be provided on the pool decks with at least ten feet of spacing between persons who are not members of the same household."

MAC outdoor and indoor pools are open for lap lane swimming. Sign ups are required. The only exception to the ten feet applies to members of the same household. Members may sit on the pool deck, following the distancing rules.

Click here to access the reservation system

**TENNIS**

Indoor and outdoor tennis are open for MAC members and their guests. All questions regarding tennis programs, lessons, teams, camps, etc, should be directed to:

rob.johnston@macrichmond.com

Rob is thrilled to start offering the following academy style tennis programs for kids. Sign up now!
WATERPARK

Forward Virginia Phase 2 requirements do NOT allow our water park to open at this time.

PERSONAL TRAINING

MAC personal trainers are working with clients. If you need a referral, please reach out to melissa@macrichmond.com.

Phase 2 states, "Personal trainers must maintain at least ten feet of distance between themselves and their clients."

MAC KIDS' CLUB, SUMMER CAMP, BIRTHDAY PARTIES

MAC Kids' Club, and all of its activities, will remain closed, temporarily.

MEMBERSHIP

Our membership office is open and may be reached by email, mac1@macrichmond.com, or by phone
at, 804 330 2222 ext 303.

**CARDIO AND WEIGHT EQUIPMENT**

Members are allowed to use equipment at the MAC! Remember, CLEAN before and after. WASH your hands regularly. KEEP your hands out of your face. MAINTAIN a safe distance of ten feet from other patrons. Be respectful of others and advocate for your safe space. MAC staff will be making regular rounds of cleaning and disinfecting.
LOCKERS AND SHOWERS

Bathrooms, lockers and showers are open and available.

CAFE AND SNACK BAR

Our cafe and snack bar remain closed at this time, and temporarily.

(804) 330-2222
www.macrichmond.com