Dear Wellness Center Member,

NMMC-Tupelo Wellness Center will reopen Monday, June 1, with several operational changes. By respecting these changes and showing courtesy for staff and fellow members, we can ensure our Wellness Center is enjoyable and safe.

Facility Access:
Pre-screening will be required for ALL members and employees before entering the facility. Be prepared to wait upon arriving. We suggest you remain in your vehicle until we open if you arrive before opening.

DO NOT come to the center if you answer YES to any of the following. Entry will be denied if you:
- Have been in close contact with a confirmed case of COVID-19 in the past 14 days
- Have had a cough, shortness of breath, or sore throat
- Have a fever of 100.4 or greater in the last 48 hours
- Have had a loss of taste or smell
- Have had vomiting or diarrhea in the last 24 hours
- Have chills or muscle pain

ALL members will have their temperature checked before entering. Anyone with a temperature higher than 100.4 will be denied entry. We recommend not exercising before entering.

Keep 6 feet away from other members when approaching the entrance and while waiting to be screened and to check in. Members are recommended to wear a mask to enter and while in common areas such as the locker room and main lobby.

Only active members will be allowed; NO guests.

Members will enter and exit through opposite sides of the front desk for counting and checking purposes.

Towels will not be provided to reduce exposure. Please bring your own towel.

Tupelo Wellness Center Hours
Monday-Thursday  5 a.m.-8 p.m.
Friday           5 a.m.-7 p.m.
Saturday        7 a.m.-6 p.m.
Sunday          1-6 p.m.

Members will be limited in each area of the Wellness Center with only 80 members total allowed at a time.
*This total is well below the requirement of 30% capacity by governor’s orders for the safety of our members and staff.

Fitness Floor:
- 12 feet of fitness distancing is required between members when exercising on the fitness floor. Personal contact is discouraged.
- Some machines have been closed for physical distancing. These machines are clearly marked.
- Usage of cardio machines is limited to 30 minutes and one-hour total workout time on Fitness Floor.
- Inside walking track will remain closed until further notice to promote social distancing and allow more space for exercise equipment.
• Mats and many accessories with porous surfaces have been removed but may be checked out by fitness staff. This will allow for cleaning and disinfecting between uses. Please bring your own mat if you wish.
• Due to distancing requirements, personal training services are suspended.
• Equipment must be cleaned before and after use by member.
• A fitness instructor will be circulating throughout the facility to clean equipment after use.

**Equipment Cleaning:**
In order to more thoroughly disinfect equipment, specific areas of the fitness floor and other areas will be closed on a rotating basis for approximately 20 minutes daily. These areas will be clearly labeled, and an announcement will be made overhead in advance and at the time the cleaning will begin.

**Cleaning Times:**
Area 1 – Cardio: Monday-Saturday 9-9:30 a.m. and 2-2:30 p.m.; Sunday 2:30 – 3 p.m.
Area 2 – Selectorized weights: Monday-Saturday 9:30-10 a.m. and 2:30-3 p.m.; Sunday 3-3:30 p.m.
Area 3 – Free weights: Monday-Saturday 10-10:30 a.m. and 3-3:30 p.m.; Sunday 3:30-4 p.m.
Floor will be deep cleaned by staff daily.

**Aquatics:**
The aquatic/pool area will be closed until further notice. This includes the pool, sauna, steam room and whirlpool.

**Locker Rooms:**
• Maintain 6 feet of personal space when in the locker rooms and limit personal interaction.
• Masks are recommended for members while in locker rooms.
• Every other shower is closed (remember to bring your own towel).
• Locker rooms and toilet areas will be sanitized at regular intervals daily. This disinfecting solution is not harmful but may leave surfaces wet at times.
• Some of the women’s cubicle private dressing rooms will be closed.

**Water Fountains:**
Standard water fountains will be closed to reduce the risk of infection. Please use auto-fill stations, bring a water bottle or purchase water from the vending area.

**Group Exercise/Aerobic:**
Classes are temporarily suspended.

**Child Care:**
Closed until further notice.

**Member Lounge:**
The lounge will be closed until further notice to discourage socializing and contamination. No coffee will be served.

**Racquetball/Basketball/Wallyball/Gymnastics/Tan Su/Ping Pong:**
All of these areas will be closed until further notice to avoid personal contact. Some of these areas may be repurposed for other uses until restrictions are lifted.

**Therapeutic Day Spa:**
Closed until further notice.

**Benches/Seating in Common Areas:**
Seating areas and computer stations are closed.

**Accounts and Billing:**
• All membership accounts were frozen, and billing was suspended beginning April 1, 2020.
• We will allow personal freezes with no monthly fee for up to 90 days or 3 months if the request is made before June 15, 2020.
• We will not continue billing until a month after we open to provide credit for time missed.
• Paid in full members have had their expiration date moved back 71 days. This is the number of days we were closed.
• We will resume regular monthly billing for non-frozen accounts beginning July 1, 2020.
• In order to allow our membership staff to focus on screening, additional cleaning and appropriate check-in, please send request to freeze your membership to ahclayton@nmhs.net or call (662) 377-4142. On site membership business including account changes will only be conducted between the hours of 8 a.m.-5 p.m. Monday-Friday.

**NOTE:** The guidelines stated here are not all-inclusive. Amendments may be made to the guidelines at any time as deemed necessary. For all questions regarding interpretation of our guidelines, the decision of NMMC Wellness Center management is final.

To read the complete directive from the Governor of Mississippi visit: https://www.sos.ms.gov/content/executiveorders/ExecutiveOrders/1480.pdf

We appreciate your patience during this very challenging time, and we look forward to seeing you at the Wellness Center whenever you are ready to come back.

Let’s Stay Healthy Together!

NMMC-Tupelo Wellness Center Staff