



DO YOUR PART
PROTECT YOURSELF
& THOSE AROUND YOU

WHAT TO EXPECT WHEN J-FITNESS REOPENS

Hours and Usage

- J-Fitness will begin its phased reopening on Monday, June 22, by appointment only
- At the start, the hours will be Monday – Friday from 7am – 6pm (the pool will remain closed for the time being)
- Reservations must be made in advance using the Mind/Body app:
<https://clients.mindbodyonline.com/classic/mainclass> Search “Dwares JCC” when directed and create an account if you don’t already have one. If you need assistance, please reach out to the J-Fitness team or contact our Welcome Desk at 401.421.4111
- Time slots will be available in increments of 45 minutes. J-Fitness will close for 15 minutes between timeslots for cleaning, and will reopen on the hour
- Each 45-minute timeslot will have enough spaces to accommodate 15 members

Locker Rooms and Health Clubs

- Locker rooms and Health Clubs will be closed during Phase I. It is likely showers will remain closed for the foreseeable future
- No gym bags will be allowed into the building. Personal items must remain with you at all times.
- Saunas and steam rooms will remain closed through at least Phase I

General

- Members will be required to wear a mask during their workouts
- Please bring your own water, as water fountains and bottle filling stations will not be available
- Please remember to bring your own towel as towel service will not be provided
- Please wipe down machines and equipment before and after each use
- Machines and equipment will be located on the fitness floor and in the gymnasium and will be spaced out allowing for adequate social distance
- Group Ex is expected to gradually start back up in August and will take place in the gymnasium to allow for proper distancing
- Basketball and Pickleball will not be offered at this time
- Open Gym sports/play will not be offered at this time
- In-person Personal Training sessions will resume as normal
- Virtual Personal Training will continue to be offered
- Virtual Group Ex will continue to be available online through at least July

We appreciate your patience as we work to reopen J-Fitness as safely as possible. We will continue to assess these protocols and make changes as necessary or as new guidelines are introduced by state government and health officials.