



TENANT BULLETIN

March 3, 2021

Livingston Place Fitness Centre Reopening

Tenant Bulletin: Please pass onto all Staff

We are happy to announce the reopening of the Livingston Fitness Centre for pre-scheduled workouts **on Monday, March 8, at 7 a.m.** Registration for Monday gym times will begin **Friday, March 5 at 8 a.m.**

Please review the new guidelines and policies that have been put in place in accordance with the Alberta Government Step 2 restrictions. We anticipate a more expansive re-opening of fitness centres in the coming weeks alongside further Alberta Government re-opening steps, and want to remind the fitness centre members the Work from Home mandate is still in place within Alberta, unless the employer requires the employee's physical presence to operate effectively.

Liability Waiver, Card Access, and Fitness Centre Registration

- All users will be required to sign the attached QuadReal liability waiver form prior to entering the facility. Please email completed forms to QuadReal Access Control: accesscontrol.calgary@quadreal.com
- Card access will only be re-granted once access control receives signed liability waiver. Any liability waivers completed within 2020 will be carried into 2021 and will not need to be submitted again.
- All users must have completed their fitness centre membership registration.
- Gym times can only be booked by registered fitness centre members who have completed their membership registration.
- Tenants who have not yet registered to the fitness centre can do so by following this link to the registration page, and selecting "Fitness Centre Registration" tab on the bottom of the page: [Fitness Centre Registration](#)

Mandatory Government Fitness Restrictions in place

- Fitness Centre access by scheduled appointment only. No drop-ins permitted.
- Low intensity individual exercise is now allowed without a trainer. This includes light cardio, light weightlifting, barre, pilates, light yoga, stretching.
- Masks are mandatory at all times, even while in the act of exercising. Please lower your workout intensity accordingly.
- One-on-one personal training is permitted with certified, paid trainers who are providing active instruction and correction.

- One-on-one clients are permitted to perform higher intensity exercise without a mask, staying a minimum of 3 meters apart from trainer and other users.

Access by Reservation Only

- Members can reserve 1 time slot per day either through the online member portal or app.
- Follow this link for the member portal login: [Member Portal](#). Login with your username/password or select "Forgot Your Password" if you don't know your login information.
- Fitness Centre capacity will be limited to 8 users (4 females/4 males) per workout time to ensure users are able to maintain a minimum of 3 meters physical distance.
- Only members who reserve a slot will be allowed to access the gym at their booked start time.
- Time slots have been set for 60 minutes, allowing for a 50-minute workout with 10 minutes to change after. Users must enter on time and leave the changerooms and fitness centre within the 60-minute times slot. Times can be booked 3 days in advance.

For full details, please see the attached *Livingston Fitness Centre 2021 Policy Update* document.

Should you have any questions or concerns, please contact the Fitness Centre staff via email at lpfitness@livnorth.com.

Thank you

