

It's been a long time coming but we are thrilled to announce that we are able to reopen Acorns Health and Fitness on Saturday 25th July following the government's recent announcement.

Acorns Health and Fitness will continue to provide a premier health and fitness experience to all of our members.

Many of you have told us that you cannot wait to come back and we share your enthusiasm for a return to a healthy lifestyle.

The safety of our members and teams has been our top priority. We have been busy planning how we can reopen our facility in a COVID, secure and responsible way.

A summary of our stringent safety conditions can be found below:

- 1) Reduced member capacity across all activities, to provide a minimum of 2 metre social distance at all times.
- 2) Members will be asked to sanitise their hands and have their temperature taken before admission to the Centre. We have increased the amount of hand sanitiser cleaning stations in the gym and surrounding areas.
- 3) We will be introducing a temporary pre-booking system to avoid crowds and ensure compliance with social distancing. It also helps us to avoid customer disappointment as you can ensure there is a reserved space for your booking before traveling to the Centre.
- 4) A new booking system is being devised and will go live in the next few days. All booking slots will be up to 45 minutes to allow us to clean for fifteen minutes before the next session commences.
- 5) We are asking customers to attend " gym ready " as the changing areas and lockers will be closed. We can store small personal belongings for you.
- 6) The gym area has been rearranged with equipment spaced out to allow 2m social distancing between all stations. Some equipment has been moved or been put out of order.
- 7) A new one-way system has been implemented with directional signs carefully placed inside and outside the centre and inside to guide you.
- 8) A new temporary fitness class timetable will be operational. We have moved most of our fitness classes into the main sports hall to allow members more space to exercise whilst maintaining social distancing.
- 9) Due to government guidance, the Health Suite will have to remain closed until further notice.
- 10) Enhanced and more frequent cleaning schedule to maintain hygiene. Please clean each bit of kit and machine with the cleaning spray and wipes provided before and after use.
- 11) New temporary opening hours - weekdays - 7am - 9pm. Weekends 8am - 5pm

We will be releasing more specific details about procedures, programs, and bookings in the next few days. Our measures will be continuously reviewed and will be relaxed as soon as safe to do so. We will keep members fully updated. Please visit our Centre's website -www.lordswood-leisure.co.uk which lists what is currently open. We will also post regular updates on our social media page.

Membership

We will restart your gym membership with immediate effect and begin taking monthly payments again on Monday 3rd August, all direct debits are usually taken on the 1st of the month but due to being a weekend it will be taken on the 3rd on this occasion. Your direct debit will automatically be taken out of your account. In the meantime, members can use the facilities free of charge to get used to the new safety measures in place. If you have an annual membership, this will be extended and will reflect the amount of time your membership has been frozen.

Members that do not feel ready to come back yet can continue to freeze their membership for a maximum of 1 month from the date we re-open. Please contact Bernie.gould @lordswood-leisure.co.uk and she will be happy to help you.

We know how special Acorns Health and Fitness is to so many of our customers and my team and we are committed to opening the club in a way that is both safe and welcoming.

We have missed you and can't wait to welcome you back to Acorns Health and Fitness.

Kind regards

Spencer Grimwade

Lordswood Leisure Centre

Operations Director