(215) 780-1350

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April 2021



Fitness Center - Reminders

As more students & faculty become vaccinated, our workout blocks have been filling up. To best accommodate everyone, we must remind

everyone about a few rules to keep everyone safe:

- YOU MUST RESERVE A WORKOUT BLOCK BEFORE YOU ARRIVE: With our workout blocks becoming more and more full, we may not be able to accommodate those who did not sign up before hand. To make sure you are able to workout when you want, you must make a reservation to workout before you arrive to the Fitness Center. You can do this by selecting the "Book Class" tab in either the PTFitWorks app or on the salus.ptminder website. You can reserve up to 5 days in advance.
- YOU MUST BE FINISHED WITH YOUR WORKOUT BEFORE THE END OF THE **WORKOUT BLOCK:** Because our workout blocks are being utilized more, you must be finished and leave the fitness center by the end of the workout block. This not only allows the trainers on staff to properly clean & disinfect the exercise equipment, but also allows everyone to use the fitness center. Our workout blocks are 1-hour long, so please schedule your workout accordingly. You can find all the specific times on PTMinder, and you can reach out if you have any questions about the workout blocks.
- YOU MUST WEAR A FACE MASK AT ALL TIMES: To keep everyone safe, we require you to wear a face mask at all times. We understand that this can be uncomfortable, but it keeps everyone safe & the gym up and running.

Check In to Win



This month starts our newest program, Check In to Win! This program will run from April through June, but will not require a lot of extra thought or effort from you. To be entered to win, all you have to do is come to the HSCC to workout and/or participate in our Group Exercise classes! Here's how you can Check In to Win:

Earn Points

Lose Points

RESERVE A WORKOUT BLOCK/CLASS +1 **ATTEND YOUR RESERVATION** +1 ATTEND A LIVESTREAM CLASS

MISS YOUR RESERVATION ATTEND WITHOUT RESERVING -1

+1 **ATTEND AN IN-PERSON CLASS** +1

We'll keep track of all points earned and lost, and the 10 members with the most points at the end will be entered into a drawing for a special prize!

Step Challenge



April's movement program is our brand new Step Challenge. The goal is to get more steps than all other teams each week, including the trainers! Teams will be broken down into program (and section for our OD members). You can also submit your own team, if you'd prefer! Anyone and everyone who is interested in participating can enter their daily steps into the online tracker document. At the end of the week, we will calculate the average amount of steps for each team. There will be weekly winners,



and a grand prize winner at the end of the Corporate month. Talk to your trainers for more info Fitness about this program, and click the footprints **Works** here to take you to the online tracker!

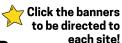
Group Exercise

We will continue to offer 3 inperson group exercise classes each week! We will still be offering 2 weekly livestream classes from the HSCC trainers, and will also be offering additional links to other CFW site's virtual classes in order to accommodate those who are uncomfortable or unable to return to the gym. We would also like to remind those interested in Group Ex that:

- SIGN-UPS: It is required to sign up for the group exercise class beforehand as there are only 8 slots available per **class** to ensure physical distancing.
- **GYMNASIUM AVAILABILITY:** All of our in-person classes will be held in the gymnasium. During our in-person class times, the gymnasium will be **CLOSED to other members**. Please be sure to schedule your workout accordingly to allow you to use the equipment you desire.

You can direct all of your questions, comments, and/or feedback about our group exercise classes to our Group Exercise Coordinator, Helena, at hrotte@salus.edu.

Follow Us: Click the banners





PTMINDER:

salus.ptminder.com



INSTAGRAM:

@haftercenter



YOUTUBE:

search Hafter Center & click subscribe



TWITCH:

twitch.tv/haftercenter

GOOGLE CALENDAR: using your Salus email, add

the Hafter Center to your calendar



HSCC RESOURCES:

salus.edu/HSCC-resources

LIVESTREAM & IN-PERSON CLASS SCHEDULE

Monday

Tyesday Wednesday

Thursday 3-2-1

7:15 - 7:45a

HIIT

5:15 - 6:00p

Steven

2 HSCC CLOSED

*Click this box to take you to a previously recorded Arms & Abs class!

Friday

Note: The gymnasium will be CLOSED during all the in-person class times. Be aware that you may not be able to use the equipment located in the gymnasium during these times. Schedule your workouts accordingly.

5 HSCC CLOSED

*Click this box to take you to a previously recorded Butts & Guts class!

HIIT 7:15 - 7:45a

> STRONG30 5:15 - 6:00p Helena

7 **Barbell Blast** 5:15 - 5:45p Steven

(G)

8 3 - 2 - 17:15 - 7:45a

> HIIT 5:15 - 6:00p Steven

Arms & Abs 5:15 - 5:45p Steven

9

(G)

12

Butts & Guts 5:15 - 5:45p Helena (G)

13 Bootcamp 7:15 - 7:45a

> STRONG30 5:15 - 6:00p Helena

Barbell Blast 5:15 - 5:45p Steven

(G)

15 3-2-1 7:15 - 7:45a

> HIIT 5:15 - 6:00p Steven

16 Arms & Abs 5:15 - 5:45p Landon

(G)

19

Butts & Guts 5:15 - 5:45p Helena (G)

20 HIIT 7:15 - 7:45a

> STRONG30 5:15 - 6:00p Helena

Barbell Blast 5:15 - 5:45p

Steven (G)

22 3-2-1 7:15 - 7:45a

> HIIT 5:15 - 6:00p Steven

> > 3-2-1

7:15 - 7:45a

23

Arms & Abs 5:15 - 5:45p Landon (G)

30

Arms & Abs 5:15 - 5:45p Landon (G)

PTMinder website. You must sign up **beforehand** in order to reserve

Click this box to take you to our Google Calendar for all our class descriptions.

your spot in

class!

LIVESTREAM:

Make sure to

say hello and let

the instructor

know you are

participating in the class. This

helps us for

attendance

purposes and to

know what

classes you like!

IN-PERSON:

All in-person

class boxes will

take you to the

26

Butts & Guts 5:15 - 5:45p Helena (G)

27 Bootcamp 7:15 - 7:45a

> STRONG30 5:15 - 6:00p Helena

28

14

21

Barbell Blast 5:15 - 5:45p Steven (G)

29

HIIT 5:15 - 6:00p Steven

CLICK THE YELLOW CLASS BOX TO TAKE YOU DIRECTLY TO THE LIVESTREAM CLASS CLICK THE WHITE CLASS BOX TO TAKE YOU TO SIGN UP FOR THE IN-PERSON CLASS