

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

★ Starts on Tuesday, April 6th!

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

RESERVE A WORKOUT BLOCK/CLASS	+1
ATTEND YOUR RESERVATION	+1
ATTEND A LIVESTREAM CLASS	+1
ATTEND AN IN-PERSON CLASS	+1

Lose Points

MISS YOUR RESERVATION	-1
ATTEND WITHOUT RESERVING	-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

★ Starts on Tuesday, April 6th!

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 month. Talk to your trainers for more info about this program, and click the footprints here to take you to the online tracker!



Group Exercise

We will continue to offer 3 in-person 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.

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PTMINDER:
salus.ptminder.com



INSTAGRAM:
[@haftercenter](https://www.instagram.com/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

April

LIVESTREAM & IN-PERSON CLASS SCHEDULE

Monday

Tuesday

Wednesday

Thursday

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!

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

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

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

6 HIIT
7:15 - 7:45a
STRONG30
5:15 - 6:00p
Helena

13 Bootcamp
7:15 - 7:45a
STRONG30
5:15 - 6:00p
Helena

20 HIIT
7:15 - 7:45a
STRONG30
5:15 - 6:00p
Helena

27 Bootcamp
7:15 - 7:45a
STRONG30
5:15 - 6:00p
Helena

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

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

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

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

1 3-2-1
7:15 - 7:45a
HIIT
5:15 - 6:00p
Steven

8 3-2-1
7:15 - 7:45a
HIIT
5:15 - 6:00p
Steven

15 3-2-1
7:15 - 7:45a
HIIT
5:15 - 6:00p
Steven

22 3-2-1
7:15 - 7:45a
HIIT
5:15 - 6:00p
Steven

29 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!

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

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

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

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

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 PTMinder website. **You must sign up beforehand** in order to reserve your spot in class!

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

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**