

HAFTER HAPPENINGS

August 30th - September 4th

haftercenter@salus.edu

Livestream Classes - Update

There will be **no livestream classes this week**. We will be taking the week to review the Reopening Group Exercise survey we sent out last week. With the results, we will be creating a new class schedule that will start next Tuesday, 9/8.

If you would still like to workout using content we have created, you can find previously recorded classes on our YouTube channel, and workouts we have created on our Instagram page. Be sure to leave a comment on whichever you use if you enjoyed it!

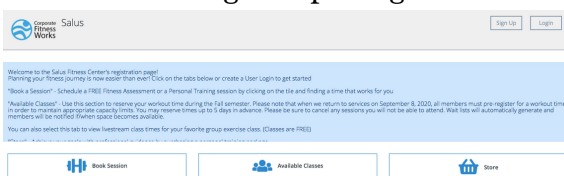
More Reopening Updates

As we prepare to reopen the Hafter Center, and everyone is slowly returning to campus, we want to give you more updated information about the HSCC's plan to reopen.

- Our planned reopening date is on Tuesday, September 8th, with our hours of operation being Monday - Friday, 6:30a - 7:30p. You will be able to sign up on PTMinder for 1 hour workout time blocks.
- You should have already received an email from PTMinder with your account information. If you have not, please email us and let us know so we can send your account information.
- This week, there will be a member of the HSCC Staff at the Hafter Center for a portion of the day. We will be there to answer any questions you have about the building usage, PTMinder, classes, paperwork, etc.
- The basketball/volleyball court will **NOT** be available when we return. We have set that area up as a physically distant workout area with cardio and weight equipment.
- The track **WILL** be open, and will need a reservation to use. There are physical distancing regulations for the track as well, so be sure to read the signs before use.
- The CIBA Studio will be **CLOSED**. This area will be for the HSCC staff only to use for our Livestream Classes.

You can find more information about the building's reopening in Salus'

["Student Use of Elkins Park Campus Facility during the Fall 2020 Semester FAQs."](#) You can also click the picture here to take you to the Salus PTMinder site.



Stop by this week to meet some of the trainers, turn in your paperwork, or just to say hello. We can't wait to meet and see you all!

Social Media

Over the past few months, we have created an extensive library of social media posts & YouTube videos. This library includes a variety of workouts, nutrition tips, recipes, and more! Even though we are reopening the facility soon, you can still find our previous posts on all of our accounts. You can find all of these posts and videos by clicking the banners to the right under the "Follow Us" section! You can also click the banners below to follow the Corporate Fitness Works social media accounts for more content.



Incoming Students

Paperwork

In order to use the HSCC fitness facility, you must complete our Membership Packet. You can find the packet online [here](#). If you can, please email your completed packet to haftercenter@salus.edu before we reopen. You can also bring us a physical copy after we reopen if need be.

***Make sure the ID number you include is the number on the BACK of your ID (it should start with a 5 or 6).**

PTMinder

Once you have logged into PTMinder, take some time to explore the site. You will find the workout blocks on the calendar, shared documents, and many other things on the site. We will be sure to include the livestream classes on the calendar once the schedule is set. You will not be able to sign up for workout blocks until a few days before we open.

You can also send messages to us via PTMinder, so if you'd like to get in touch with one of us you can use that as well as our emails.

If you have any questions, stop by this week or email us!

Follow Us:  Click the banners to be directed to each site!



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