

(215) 780-1350

# HAFTER TIMES

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January 2021

## Fitness Center - OPEN!

The HSCC is officially open! We are so excited to be back on site and able to see & interact with everyone! In order to continue to keep everyone safe, we would like to remind everyone about some key rules and regulations for when you are in the Fitness Center:

- **FACE MASKS:** Face masks must be worn at **all times**. This includes walking around the building, using the restroom, and especially while you workout.
- **RESERVING A WORKOUT BLOCK:** It is required to 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](http://salus.ptminder) website. You can reserve up to 5 days in advance.
- **CAN'T MAKE YOUR RESERVED TIME?:** If you can't make it to your reserved workout block, please make sure to cancel it on the PTMinder website/app. You can also call us to let us know that you will not be making it.
- **FREE WEIGHTS/EQUIPMENT:** Please ensure that you are placing all free weights/moveable equipment (i.e., dumbbells, cable attachments, barbells, plates, etc.) in the taped out box to be disinfected after use. Please **do not re-rack them yourself**, the HSCC Staff will re-rack them after proper disinfecting.
- **EXERCISE MACHINES:** All of our machines have a green tag on them meaning that that equipment is clean, disinfected, and ready to be used. When you are done using the machine, place the green tag in the holder on the trainers desk so others/the staff know that machine needs to be disinfected.
- **SPORT COURT:** The sport court area is set up for extra physically distant exercising, so there is no basketball/volleyball usage at this time.

## Happy New Year!

2020 is FINALLY over and now we get to celebrate a new year. This year, we hope, will be better than the last. If you are beginning your wellness journey, welcome! We are here to help you in any way we can. We offer fitness & wellness services to guide you along. If you are already in full swing of your wellness journey, keep it up! You



Corporate  
Fitness  
Works

can always reach out for advice, guidance, or tips & tricks to keep you progressing. Stop by the HSCC any time, or reach out via email, phone, PTMinder, or Instagram!

## Group Exercise

Great news! We are continuing our livestream classes this month. We will also be sending out a **GEX Needs Assessment Survey**. Please take a moment to fill out the survey when it is sent to you. This is the best way for us to gather feedback from everyone in order to provide classes that you want to participate in!

## Livestream Schedule

### Mondays (5:15 - 6:00p):

Total Body Strength w/ Helena  
Butts & Guts w/ Helena

### Tuesdays (5:15 - 6:00p):

STRONG30 w/ Helena

### Wednesdays (5:15 - 6:00p):

50/50 Fusion w/ Steven

### Thursdays (5:15 - 6:00p):

Bodyweight HIIT w/ Kendall

### Fridays (12:15 - 1:00p):

Arms & Abs w/ Landon  
Yoga w/ Landon

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salus.ptminder.com



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**GOOGLE CALENDAR:**

using your Salus email, add the Hafter Center to your calendar



**HSCC RESOURCES:**

salus.edu/HSCC-resources

# JANUARY

## LIVESTREAM CLASS SCHEDULE

**4**

**Total Body  
Strength**  
*Helena*

**5**

**Bodyweight  
HIIT**  
*Steven*

**6**

**Arms & Abs**  
*Landon*

**7**

**Yoga**  
*Landon*

Click these boxes  
to take you to the  
pre-recorded  
class!



**11**

**Butts & Guts**  
5:15 - 6:00p  
*Helena*

**12**

**STRONG30**  
5:15 - 6:00p  
*Helena*

**13**

**50/50 Fusion**  
5:15 - 6:00p  
*Steven*

**14**

**Bodyweight  
HIIT**  
5:15 - 6:00p  
*Steven*

**15**

**Arms & Abs**  
12:15 - 1:00p  
*Landon*

**18**

**NO CLASS**  
*Happy MLK Day!*

**19**

**STRONG30**  
5:15 - 6:00p  
*Helena*

**20**

**50/50 Fusion**  
5:15 - 6:00p  
*Steven*

**21**

**Bodyweight  
HIIT**  
5:15 - 6:00p  
*Steven*

**22**

**Yoga**  
12:15 - 1:00p  
*Landon*

**25**

**Butts & Guts**  
5:15 - 6:00p  
*Helena*

**26**

**STRONG30**  
5:15 - 6:00p  
*Helena*

**27**

**50/50 Fusion**  
5:15 - 6:00p  
*Steven*

**28**

**Bodyweight  
HIIT**  
5:15 - 6:00p  
*Steven*

**29**

**Arms & Abs**  
12:15 - 1:00p  
*Landon*

CLICK THE CLASS BOX TO TAKE YOU TO THE LIVESTREAM CLASS