

Welcome back!

We are so excited to be returning to the HSCC and seeing each and every one of you! When you enter the building, please be sure to read over all the signs posted. These are important and will help you & everyone around you stay safe. Below are some guidelines you should be aware of before entering the HSCC.

- **Our hours of operation are currently Monday - Friday, 6:30a - 7:30p.** You will be able to sign up on PTMinder for 1 hour workout time blocks.
- There are only 15 people allowed to sign up for each workout block. If there are already 15 people signed up, you will be put on a **wait list**.
- If you know that **you cannot make the time you signed up for**, please **cancel your reservation**. This will allow the wait-listed members to use the facility.
- 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.
- If you would like to shower, you must **reserve a shower spot**. You must be done showering by the **end of your workout block** reservation.
- **Lockers** are only available to those with a **shower reservation**. You can leave your gym bag by the bulletin board in the fitness center or in your taped box in the gymnasium.
- 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.
- Please **wear your mask** at all times while in the HSCC. This includes while you are working out.

We understand that this is a lot of information and new guidelines to follow. Please feel free to reach out to any of us or speak with us at the HSCC if you have any questions, comments, or concerns!

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.



Livestream Classes

Information

You can find our Livestream class schedule on the PTMinder & Hafter Center Google Calendars. We have also created a PDF calendar with the links attached. Please make sure to sign up via PTMinder, and let us know in the chat or through email if you attended. The classes will be held on YouTube Live, with our backup being Twitch.

Schedule

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

Butts & Guts w/ Helena

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

STRONG30 w/ Helena

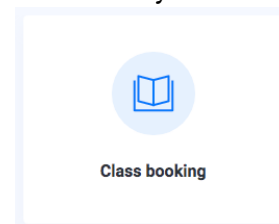
Wednesdays (5:15 - 6:00p):

50/50 Fusion w/ Steven

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

Bodyweight HIIT w/ Kendall

** Click this box when you are on PTMinder to find our GEX Calendar!



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