



A Return to **MORE FITNESS!**

Indoor Workouts Resume March 1



Dear PJCC Fitness Family,

It has been a very long journey through the pandemic, and we are grateful that you have remained with us for the duration – THANK YOU!

And now we are happy and relieved to report that **MORE FITNESS, indoors at the PJCC will resume on Monday, March 1, for members 13+ years old.** Today San Mateo County moved from the purple to the red pandemic tier, reopening gymnasiums and indoor fitness for our collective wellbeing.

Being closed indoors for the past three months, we are delighted to welcome you back for **MORE FITNESS. And by MORE FITNESS we mean MORE access to MORE FITNESS workouts, swims, personal and small group training, cardio and strength equipment and machines, camaraderie, and community.** MORE for you to feel strong, flexible, healthy, and unstoppable. And of course, far MORE safety and sanitization than almost any other public space. We've all lived limited, sheltered lives for a year, and now we are able to offer you much MORE.

WHAT YOU CAN EXPECT

SAFETY & SANITIZATION: You have our commitment that safety continues to be our highest priority. **Our rigorous pandemic sanitization and cleaning protocols will continue to maintain the safe environment you have come to depend on.**

MANDATORY MASKS: **Mask wearing will be mandatory indoors at all times, and outdoors when not swimming or working out.** We will practice physical distancing, and hand sanitizing/washing. Additionally, members and staff will receive temperature checks upon entering the Center.

OUTDOOR SWIM: When we reopen on March 1, outdoor lap swimming will continue, and the indoor pool will not yet be open (indoor pools can reopen in the State's orange

pandemic tier – we are likely on track for indoor lap swimming to reopen in a few weeks).

INDOOR FITNESS: We have spaced equipment out across the gymnasium and both our equipment studios to ensure you get the cardio and/or strength workout you need in safety. We have directed traffic through the Center to maintain safe distancing and we promise that you will have a terrific MORE FITNESS work out in an environment with fitness professionals that support you to work hard and feel strong.

Here is what you need to know about returning to MORE FITNESS, indoors:

- **NEW CENTER HOURS FOR FITNESS**
 - Monday through Thursday 6:00 am – 8:00 pm
 - Fitness will be closed on Friday
 - Saturday and Sunday 8:00 am – 2:00 pm
- **NEW CENTER HOURS FOR OUTDOOR SWIM**
 - Monday through Friday 7:00 am – 8:00 pm
 - Saturday and Sunday 9:00 am – 5:00 pm
- Swim sessions are lengthening from 40 minutes to 50 minutes on the hour, to allow for 10-minute cleaning between sessions
- Friday's swimmers, and Saturday and Sunday swimmers between 2:00 – 5:00 pm, will enter the Center from South Road, not through the front entrance

RESERVATIONS REQUIRED

- [Make your indoor fitness and outdoor swim reservations here.](#) Due to County guidelines, we can't accommodate drop-ins -- reservations are mandatory.
- Fitness reservations are 90 minutes long, on the even hour, with 30 minutes deep-cleaning before the next appointment
- Download our MINDBODY app (for [Apple](#) and [Google Play](#)) to make your workout reservations
- [Go to MyPJCC](#) to access all virtual content including Group Exercise classes

Thank you for standing with our PJCC community. We cannot wait to welcome you back for MORE FITNESS indoors next Monday!

With gratitude for your support,

Paul Geduldig, Chief Executive Officer

Seth Hazen, Chief Wellness Officer

RESOURCES:

[PJCC online](#) with the latest MORE FITNESS reopening information

You can learn more about the State's tiered pandemic assessment [here](#).



PJCC 800 Foster City Blvd Foster City CA 94404