

# HEALTH MATES COVID & BUILDING WORK UPDATE



**HealthMates**  
Fitness Centre

It's been great seeing so many familiar faces back at Health Mates over the past couple of weeks. We know some of you are still on time-hold, so we look forward to seeing you back soon. Also, a special welcome to our new members!

We continue to stay focused on your health and well-being, so our COVID safety measures will remain in place for the foreseeable future. For the well-being and confidence of everyone visiting Health Mates we want to thank you for adhering to these measures.



[Show me your COVID safety measures](#)

Our building upgrades are progressing to plan, so we are pleased to announce some major changes coming your way.

We have invested \$920,000 to bring you freshly renovated change areas and a super efficient air conditioning system, set to save on greenhouse gases and power usage. Our basin taps and showers have been fitted with devices to assist with saving water.

Thank you for your patience and understanding during the completion of these works.

**KEEP READING TO FIND OUT WHAT'S  
RE-OPENING AND WHEN...**





## RE-OPENING MONDAY 13 JULY

- Change rooms and toilets.
- Lockers (for your safety we encourage you to leave your belongings at home where possible).
- Showers (for your safety we strongly encourage you to shower at home where possible and spend minimal time in our change areas).
- Creche.

## RE-OPENING WEDNESDAY 15 JULY

- Studio 1 and Studio 2 for classes (class bookings will continue to be required via our free Health Mates app and maximum numbers per class continue to be capped at 20).

## RE-OPENING MONDAY 27 JULY (ESTIMATED)

- Stretch & Core zone.
- Functional zone.

## WHAT WILL REMAIN CLOSED?

- Saunas - following the NSW COVID-19 Safety Plan our saunas will remain closed until restrictions are eased in relation to these.
- Water Stations - for your safety our water fountains will remain closed. Please bring your own water bottle or purchases are available at reception.
- Breakfast services.
- Boxing classes and activities.

## HEALTHY REWARDS PROGRAM

- All Healthy Rewards points will be purged on 30 September 2020 (instead of 30 June 2020).
- To find out your points balance and redeem your points before they disappear please visit us at reception.

## GROUP EXERCISE CLASSES - NEW TIMETABLE

- Our new timetable will commence Monday 20 July.
- This timetable will remain in place until 30 August. Over the coming months we will monitor class attendance rates in anticipation of increasing our class offerings as more members start returning to Health Mates.
- As usual, any changes, including instructor changes, will be depicted in our Health Mates app for your convenience.
- If you need assistance with class bookings or downloading our app please see our staff.
- If you don't have a phone or our app, you are welcome to use our kiosk at Health Mates to book classes. See our staff for a demo. We're here to help.



[Show me your new class timetable.](#)

## PERSONAL TRAINING SERVICES

- Our full Personal Training team is back on board and ready to:
  - educate and guide you on correct exercise technique.
  - help you reach your goals.
  - put you through your paces.
  - motivate you!
- Visit us at reception or click here to make an enquiry.



[Tell me more about Personal Training.](#)

## MEMBERSHIP TIME-HOLD

- As much as we really want to see you back exercising with us we understand that some of you are not ready yet.



[Place my membership on time-hold.](#)