

FITNESS FIRST OFFERINGS



We are open and accepting new members! Here is a list of our current offerings:

- 90-minute work out time blocks
- 'Mask Required' for all time blocks
- In-Person Group Fitness classes
- Livestream classes
- On Demand classes
- 1-to-1 Personal Training

We are open with significantly reduced class and facility capacities to minimize congestion in common areas and to maintain social distancing recommendations set forth by the CDC and the State of Illinois.

TIME BLOCKS

Fitness First Members can come in to work out and use the locker rooms during the following times:

Monday-Friday Time Blocks

6-7:30am
8-9:30am
10-11:30am
12-1:30pm
2-3:30pm
4-5:30pm
6-7:30pm

Saturday & Sunday Time Blocks

7-8:30am
9-10:30am
11am-12:30pm
1-2:30pm
3-4:30pm
5-6:30pm

WORK OUT AT FITNESS FIRST

Reservations are not required! CLICK [HERE](#) to view our calendar of time blocks. Fitness First closes every 90 minutes for deep cleaning so please be sure that you are coming during an active time block.

Step 1: Bring a towel and water bottle with you

Step 2: Wear a face mask at all times

Step 3: Arrive no more than 15 minutes before your start time

Step 4: Enter at the Weber Center main entrance and check-in with staff

Step 5: Keep social distance of 6 ft at all time

Step 6: Wipe down equipment before and after use

Step 7: Enjoy your workout!

COVID-19 SELF SCREENING

Do NOT come to the fitness center if experiencing any COVID-19 symptoms including frequent coughing, fever, difficulty breathing, chills, muscle aches, sore throat, recent loss of taste or smell. Please stay home to comply with CDC guidelines.

WORKOUTS DESIGNED TO MINIMIZE CROSS-CONTAMINATION

Schedule Modifications and Cleaning

A full 30 minutes has been designated for cleaning between time blocks in the fitness center and group exercise classes. Notably, the facility will be completely emptied between groups to enable staff to clean and disinfect with CDC and EPA approved agents.

Arrival and Departure

When you arrive for your reservation, please come to the main entrance of the Weber Center with a face mask/covering. Please do not congregate and maintain 6 feet distance. Staff will let members into the building for check-in 15 minutes prior to the reservation. Only active members with a reservation will be allowed access to Fitness First and group exercise classes.

The Weber Center is closed to the public and all other doors are locked. If you arrive earlier than 15 minutes, you will be required to wait outside of the main entrance. Late arrivals will be allowed in, however the time block will not be extended.

Once your 90-minute workout time slot or class has ended, you will be required to exit the building from the Weber Center Main Entrance.

Equipment

During fitness center time blocks, participants will be asked to maintain a 6 foot distance from one another while working out on the floor. Certain equipment will be 'out of service' to assist with social distancing guidelines.

Equipment used during workout time slots and classes will need to be sanitized before and after use by members. It has always been an encouraged practice; however, members are now required to wipe down every piece of equipment they've used with the provided disinfecting wipes. We want to ensure the fitness center is safe for everyone and we appreciate your help in these efforts.

MEMBER PPE (Personal Protective Equipment)

Face masks/coverings are required upon arrival, departure, while using restrooms and hallways, and while exercising. Please maintain a 6 foot distance between yourself and others if you arrive early and are waiting to begin your workout. Additional rules:

- A face covering is REQUIRED at all times in the Fitness Center and in the Weber Leisure Center
- 6-feet social distance is REQUIRED at all times.

STAFF PPE (Personal Protective Equipment)

Staff will wear face masks while working and will wear latex-free disposable gloves any time they engage in cleaning and/or disinfecting protocols. Staff will regularly hand-wash and use hand sanitizer throughout their shifts.

AMENITIES AVAILABLE AT THIS TIME

- Showers
- Locker Rooms
- Open Gym
- Restrooms located outside the Fitness First entrance
- Lockers located outside locker rooms and in hallways
- Water bottle refilling stations

AMENITIES NOT AVAILABLE AT THIS TIME

- Saunas
- Steam rooms
- Towel service
- Drinking fountains

GROUP EXERCISE

In-Person Classes

Group Exercise Classes are also offered in-person at the Weber Center for fitness members.

Reservations are required to attend these classes. A full list of classes, as well as the reservation capability can be found [HERE](#). Class sizes will be kept to 10 or less. Masks are required to be worn at all times. Deadlines to register may apply due to meeting class minimums.

Livestream Classes

NEW! Group Exercise classes are offered via live stream. The instructor is teaching in real time online and you can work out with them from your own home. **Reservations are required to attend these classes.** Members [CLICK HERE](#) to reserve your spot. Deadlines to register may apply due to meeting class minimums.

Cancellation Policy

If you are unable to attend your group fitness reservation, cancellation is required. Members are encouraged to cancel no less than 8 hours prior to your reservation start time to allow spots to open for other members.

Cancellations for group fitness classes can be accomplished by going back into the schedule and clicking on the sign-up icon again, this will give you the option to cancel.

Group exercise classes will be cancelled if the minimum number of participants to run the class is not met. All enrolled participants should check emails prior to their scheduled classes for cancellation notifications.

On Demand Classes

NEW! On Demand class videos are available to rent for \$3 through the Fitness First website. Videos make it possible for you to work out at any day and time of your choosing. The rental fee allows you to use the video for 48 hours. [CLICK HERE](#) for the library.

MEMBERSHIPS

Monthly Memberships

Auto-debit will be processed on the first business day of the month for the current month.

Yearly Memberships

Yearly memberships received a 15-week extension to their memberships, if they were members in March 2020. The 15-week extension is the entire time Fitness First was not open because of the COVID-19 Pandemic.

Virtual Memberships

If you are not ready to return to Fitness First but are missing your workout, check out our Virtual Fitness Membership and stay connected to your Fitness First family!

- \$27 per month or \$300 full year
- No initiation fee
- Up to six Live Stream classes per day, seven days a week
- Easy as 1-2-3:
 1. Make a reservation
 2. Receive a Zoom link via email
 3. Join the live stream class! [See reservation calendar of Live Stream classes here.](#)
- Access to our entire line of On Demand classes, 4-5 new classes each week. [Check out our current library here.](#)
- One online Small Group Training per month with one of our personal trainers (more than \$100 value)
- Easy membership set-up

To purchase this membership or for questions, please call Jennie Bever, Fitness Manager, at (847) 929-8510.

Renew Yearly Membership

We are happy to assist you with renewing your yearly membership. Contact us at (847) 674-1500, ext. 3500 or email Jennie Bever at JBever@skokieparks.org. Please be sure to renew your membership prior to reserving group exercise classes.

Membership Hold or Cancellation

We understand that you may not be prepared to return to the fitness center at this time. You have the option of putting your membership on hold or cancelling altogether. Please contact Jennie Bever at JBever@skokieparks.org.

1-to-1 PERSONAL TRAINING

How to Book

Click [HERE](#) for Personal Training sessions and packages.

If you need further assistance, your Personal Trainer or the Fitness First Manager Jennie Bever at jbever@skokieparks.org can help guide you through this process.

In order to cancel a Personal Training session, you will need to go to your confirmation email and click on the red cancel button in the email. You are also able to reschedule your sessions from this email by clicking on the green button.

Tickets Remaining vs. Booking Online

If you have remaining personal training tickets on your account, you will be able to use them prior to purchasing sessions online. Please let your Personal Trainer know that you still have tickets on your account and they will set up a training session with you. To check how many tickets you still have, contact (847) 674-1500, ext. 3500 or email Jennie Bever at jbever@skokieparks.org no less than 48 hours prior to your personal training session.

Guidelines During Personal Training Sessions

Trainers are required to wear Personal Protective Equipment and will be limiting hands-on adjustments as much as possible. Additional cleaning measures will be in place following the use of all equipment.

Virtual Personal Training

If you are not comfortable coming into Fitness First to train at this time, we also have Virtual Training available at the same price point as in-person training. Personal trainers can schedule a session during which they train you on a device of your choosing (e.g. laptop, phone, tablet) from the safety of your own home. Please ask your trainer or email Jennifer Bever at jbever@skokieparks.org ([link opens in new tab](#)) for more information about setting up a virtual training session.