

## ***Sky Fitness is doing well & we hope you are too!***

Sky Fitness is thankful for our many loyal members that continue to support us. We are very lucky to have the support of the community! The current Illinois law states we can allow 50% capacity within our facility as long as we can maintain safe social distancing guidelines. The good news is we have plenty of space and lots of room to be safe while getting in your workouts. We encourage you to come to Sky and see for yourself that you can be safe and continue your wellness journey. Please remember all health clubs are not created equally. Sky Fitness has 24 foot high ceilings and our HVAC has fresh air damper system that constantly brings in fresh air. We also host classes outside in the pool and on the lawn.

We believe our environment is safe for both members & employees because we have implemented specific safety measures. The State of Illinois & the Village of Buffalo Grove have wellness regulations in place that will allow us to open and we will adhere strictly to these rules and guidelines. We will also request that our members & guests follow our rules which include **mandatory masks or face shields we additionally remind our members & staff that both mouth & nose should be covered at all times.** Previously we required gloves but the latest science data does not support that position anymore. **We suggest wearing gloves, but they are NO LONGER REQUIRED!**

Scientists have reached a more forceful conclusion. “Surface transmission of COVID-19 is not justified at all by the science,” Emanuel Goldman, a microbiology professor at Rutgers New Jersey Medical School, told me. He also emphasized the primacy of airborne person-to-person transmission.

*Scientists still don't have a perfect grip on COVID-19—they don't know where exactly it came from, how exactly to treat it, or how long immunity lasts.*

*But in the past few months, scientists have converged on a theory of how this disease travels: via air. The disease typically spreads among people through large droplets expelled in sneezes and coughs, or through smaller aerosolized droplets, as from conversations, during which saliva spray can linger in the air.*

*Surface transmission—from touching doorknobs, mail, food-delivery packages, and subway poles—seems quite rare. (Quite rare isn't the same as impossible: The scientists I spoke with constantly repeated the phrase “people should still wash their hands.”) The difference may be a simple matter of time. In the hours that can elapse between, say, Person 1 coughing on her hand and using it to push open a door and Person 2 touching the same door and rubbing his eye, the virus particles from the initial cough may have*

*sufficiently deteriorated.*

*The fact that surface areas—or “fomites,” in medical jargon—are less likely to convey the virus might seem counterintuitive to people who have internalized certain notions of grimy germs, or who read many news articles in March about the danger of COVID-19-contaminated food. Backing up those scary stories were several U.S. studies that found that COVID-19 particles could survive on surfaces for many hours and even days.*

*But in a July article in the medical journal The Lancet, Goldman excoriated those conclusions. All those studies that made COVID-19 seem likely to live for days on metal and paper bags were based on unrealistically strong concentrations of the virus. As he explained to me, as many as 100 people would need to sneeze on the same area of a table to mimic some of their experimental conditions. The studies “stacked the deck to get a result that bears no resemblance to the real world,” Goldman said.*

Below you will find information regarding our phase 4 status member guidelines, club operation guidelines and a look at what phase 4 looks like now.

**Membership:** Members that have been on monthly memberships are active and so are the annual memberships. If there is any reason you feel you cannot utilize your membership we are taking that into consideration and allowing bridges without charge until 12/31/20. Feel free to contact me prior to the 20<sup>th</sup> of the month at [LHELLER@SKYFITNESSCHICAGO.COM](mailto:LHELLER@SKYFITNESSCHICAGO.COM)

Please direct your questions as follows:

**Member service questions:** Please contact Stacy Imyak or Annabel Salgado directly at Stacy Imyak <[simyak@skyfitnesschicago.com](mailto:simyak@skyfitnesschicago.com)>; Annabel Salgado <[aoseguera@skyfitnesschicago.com](mailto:aoseguera@skyfitnesschicago.com)> or leave a message at the club and they will call you back as soon as they are able, to answer any questions.

**Health, safety, sanitization questions:** Please contact Larry Heller directly at [LHELLER@SKYFITNESSCHICAGO.COM](mailto:LHELLER@SKYFITNESSCHICAGO.COM) or leave a message at the club and he will return your call as soon as possible.

**Hours:**

**Monday-Friday 5:00 a.m. – 10:00 p.m.**

**Saturday New Hours 6:00 a.m. – 10:00 p.m.**

**Sunday 6:00 a.m. – 6:00 p.m.**

If we discover that the demand does not warrant these hours, we will modify them as needed.

**Guidelines:**

1. Upon entry to Sky Fitness everyone will have their temperature taken by infrared thermometer (a temperature below 99.8 degrees is necessary for entry). Members will also have to reply to a few wellness questions.
2. Maintain social distancing of a minimum of 6-8 feet whenever possible.
3. Masks or face shields, & social distancing are required for entry and must be worn while in the club.
4. Trainers will wear face coverings, maintain six-eight foot distance, and avoid touching equipment or spotting. Trainers will be responsible to sanitize the equipment used by their clients. Housekeeping will also attend to cleaning duties.
5. It is suggested to wear gloves and while wearing them do not touch your face. It is possible to transfer this virus hands to face, therefore wearing gloves will protect you to some degree, but gloves will also act as a reminder to not touch your face.
6. Locker rooms are open but members must maintain social distancing. We recommend **NO SOCIALIZING** in the locker rooms. We recommend situating 2-3 lockers apart and if someone is near your locker you must wait patiently until you can safely access your locker (wear your mask and maintain 6 feet apart). We request that you wear a mask or face shield whenever possible and when it is not possible you must be a minimum of six feet apart while remembering not to socialize! We have provided sanitary wipes conveniently throughout the club and request each member cleans their lockers after each use. Areas such as hot tubs, steam rooms, saunas will be opened with lower capacities.
7. **If you are not feeling well DO NOT COME TO SKY FITNESS!** All coughing and sneezing must be covered by using a mask. If you have seasonal allergies you are required to wear a mask. Although these rules seem extreme, they are in place to provide the best wellness opportunity for everyone.
8. The **swimming pools** are open during phase 4 a maximum of two persons per lane will be allowed in the lap lanes and for the aqua aerobics social distancing rules will apply. We will limit lane times to 30 minutes per person if members are waiting.
9. **Pilates training** is available in this phase, masks & social distancing rules will apply.

**Pickleball at Sky Fitness– Phase 4**

**During Phase 4 Pickleball is available A maximum of 40 persons can be in the entire court spaces in phase 4. If you are waiting for a court you must maintain your social distancing.**

- **Illness: If you are sick, you must not enter the club!** Additionally, please answer for yourself these four questions from the CDC and if the answer is yes, do not enter the club for two weeks.
  1. Have you been confirmed positive for COVID-19?
  2. Are you currently experiencing, or recently experienced, any acute respiratory illness symptoms such as fever, cough, or shortness of breath?
  3. Have you been in close contact with any persons who have been confirmed positive for COVID-19?
  4. Have you been in close contact with any persons who have traveled and are also exhibiting acute respiratory illness symptoms?
  
- **Travel:** If you are returning from out of state, please do not come in to the club for 10 days.
- **High-Risk Individuals:** Vulnerable or high-risk individuals are discouraged from using the facilities during Phase 4.
- **Off-Peak Hours:** Good times to have more personal space at the club are weekend afternoons, and week-day mid-afternoons.
- **Social Distancing:** Maintain a **minimum six-eight foot distance** at all times. In any tight areas, please wait and limit passage to one person at a time.
- **Hand Washing:** Hand washing with soap or use of hand sanitizer is strongly recommended before & after using gloves.
- **Face-Touching:** Avoid touching your face at all times to prevent virus spread.
- **Sneezing & Coughing:** Sneeze or cough into your elbow, tissue, or mask.
- **Face Coverings:** All members and staff are required to wear face coverings and gloves when entering and moving about the club. Face coverings are encouraged to be on your face at all times. You may choose to remove it when you are exercising **if absolutely necessary for your wellness** but must maintain your six-eight foot distance.
- **Cleaning Equipment:** Clean equipment **before and after every use** with the spray bottles and paper towels. Wipe down spray bottles after every use. Additional paper towel and spray bottle stations have been added. Trainers are responsible parties to making sure this gets done.
- **Weight-Lifting:** Face coverings are mandatory during weight lifting activities. You may choose to remove your mask when you are exercising **if absolutely necessary for your wellness** but must maintain your six-eight foot distance. (I.e. spotting someone).
- **Personal Items:** Bring your own towels, water bottle & mat.

#### **Our Current Operational Plan for Phase 4**

**Classes:** Many classes will resume with modifications, and some will be on hold till phase 5. In

addition, we request that all attendees of the class clean their equipment prior to use and again after each use. The instructors will announce this as a mandatory safety measure.

**Weight Room:** Avoid using adjacent machines that are closer than six feet. If you will be closer than six-eight feet, for safety reasons, you must wear a face covering. You may choose to remove your face covering when you are exercising if absolutely necessary for your wellness but must maintain your six-eight foot distance.

**Pilates:** Avoid using adjacent machines that are closer than six feet. If you will be closer than six-eight feet, for safety reasons, you must wear a face covering . You may choose to remove your face covering when you are exercising if absolutely necessary for your wellness but must maintain your six-eight foot distance.

**Cardio Room:** Due to the lack of storage space we demand the use of every other cardio machine only! Masks and gloves are mandatory. You may choose to remove your mask when you are exercising if absolutely necessary for your wellness but must maintain your six-eight foot distance.

**Studio 1:** This room has been marked for use during classes to maintain minimum of six foot distance. Room may be used during non-class times as usual.

**Spinning Room:** 50% capacity only! Masks are mandatory. Use every other bike to maintain six foot distance. Use during non-class times is allowed. You may choose to remove your mask when you are exercising if absolutely necessary for your wellness but must maintain your six-eight foot distance.

**Basketball:** One person per hoop, no sharing of basket balls.

**Lockers:** We are encouraging you to come to Sky Fitness workout ready. If you choose to use the locker room it is available. We strongly request NO SOCIALIZING and SOCIAL DISTANCING!

**Showers:** We are encouraging everyone to shower at home at this time. Showers are available, but you will need your own towel and must maintain social distancing.

**Towels:** Bring your own towel. Towel service is temporarily unavailable during phase 4.

**Steam Room:** The steam rooms are currently not allowed by state law.

**Sauna:** The saunas are currently not allowed by state law.

**Swimming:** Both indoor & outdoor pools are open during Phase 4. Social distancing in the pools is mandatory (family groups can stay together without distancing rules in groups of 6 people or less. We recommend wearing a face mask while on the pool deck. There is no evidence that the virus that causes COVID-19 can be spread to people through the

water in pools, hot tubs or spas. Proper operation and maintenance (including disinfection with chlorine and bromine) of these facilities should inactivate the virus in the water.

We are following USA swimming and state guidelines that may determine when and how our recreational water facilities will operate.

Individuals should continue to take precautions at recreational water venues both in and out of the water – for example, by practicing social distancing and good personal hygiene.

In addition to ensuring water safety and quality, as owners and operators of Sky Fitness pools, hot tubs, spas, we will follow the interim guidance for cleaning and disinfecting our facilities.

**Guests:** Entry is limited to members and local resident weekend warrior pass holders. There will be no drop-in guests during Phase 4.

**Childcare:** We will not have childcare during Phase 4, but will be opening it as soon as a safe protocol has been established.

## **F.A.Q**

### **Can Covid-19 virus spread through pools, hot tubs, & spas?**

**There is no evidence that COVID-19 can be spread to humans through the use of pools, hot tubs or spas. Proper operation, maintenance, and disinfection (e.g., with chlorine and bromine) of pools, hot tubs or spas, should inactivate the virus that causes COVID-19.**

#### **Transmission**

**Human coronaviruses most commonly spread from an infected person to others through**

- **the air by coughing and sneezing**
- **close personal contact, such as touching or shaking hands**
- **touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands**

#### **Prevention**

**The following can help prevent the spread of coronaviruses and protect you from becoming infected.**

- **wash your hands often with soap and water for at least 20 seconds**
- **avoid touching your eyes, nose, or mouth with unwashed hands**
- **avoid close contact with people who are sick**

### **Q: Can someone spread the virus without being sick?**

**A: People are thought to be most contagious when they are most symptomatic (the sickest). Some spread might be possible before people show symptoms. There have been reports of this occurring with COVID-19, but this is not thought to be the main way the virus spreads.**

**Q: How can I help protect myself?**

**A: Follow these tips to help prevent COVID-19:**

**Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing or sneezing; going to the bathroom; and before eating or preparing food. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.**

**Avoid touching your eyes, nose, and mouth with unwashed hands.**

**Avoid close contact with people who are sick with respiratory symptoms.**

**Stay home when you are sick.**

**Cover your cough or sneeze with a tissue, then throw the tissue in the trash.**

**Clean and disinfect frequently touched objects and surfaces.**

**If you have not already done so, discuss influenza vaccination with your health care provider to help protect you against seasonal influenza.**

**Q: Should I clean “high touch” surfaces?!**

**A: Yes. Clean and disinfect frequently touched surfaces, such as tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks. If surfaces are dirty, clean them using detergent or soap and water prior to disinfection. To disinfect, most common EPA-registered household disinfectants will work.**

**Q: Should I wear a facemask or cloth face covering?**

**A: Yes. The Governor’s latest executive order requires anyone over the age of 2 who can medically tolerate a face covering to cover their mouth and nose with a cloth face cover when in a public place and unable to maintain a safe distance (6 feet) from others.**

**You could spread COVID-19 to others even if you do not feel sick. Everyone should wear a cloth face cover when they must go out in public, for example to the grocery store or to pick up other necessities.**

**Cloth face coverings should not be placed on children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.**

**The cloth face cover is meant to protect other people in case you are infected.**

**Do NOT use a facemask meant for a health care worker.**

**Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.**

## **Exercise: 7 benefits of regular physical activity**

*You know exercise is good for you, but do you know how good? From boosting your mood to improving your sex life, find out how exercise can improve your life.*

[By Mayo Clinic Staff](#)

Want to feel better, have more energy and even add years to your life? Just exercise.

The health benefits of regular exercise and physical activity are hard to ignore. Everyone benefits from exercise, regardless of age, sex or physical ability.

Need more convincing to get moving? Check out these seven ways exercise can lead to a happier, healthier you.

### **1. Exercise controls weight**

Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn.

Regular trips to the gym are great, but don't worry if you can't find a large chunk of time to exercise every day. Any amount of activity is better than none at all. To reap the benefits of exercise, just get more active throughout your day — take the stairs instead of the elevator or rev up your household chores. Consistency is key.

### **2. Exercise combats health conditions and diseases**

Worried about heart disease? Hoping to prevent high blood pressure? No matter what your current weight is, being active boosts high-density lipoprotein (HDL) cholesterol, the "good" cholesterol, and it decreases unhealthy triglycerides. This one-two punch keeps your blood flowing smoothly, which decreases your risk of cardiovascular diseases.

Regular exercise helps prevent or manage many health problems and concerns, including:

- Stroke
- Metabolic syndrome
- High blood pressure
- Type 2 diabetes
- Depression
- Anxiety
- Many types of cancer
- Arthritis
- Falls

It can also help improve cognitive function and helps lower the risk of death from all causes.

### **3. Exercise improves mood**



Need an emotional lift? Or need to blow off some steam after a stressful day? A gym session or brisk walk can help. Physical activity stimulates various brain chemicals that may leave you feeling happier, more relaxed and less anxious.

You may also feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem.

#### **4. Exercise boosts energy**

Winded by grocery shopping or household chores? Regular physical activity can improve your muscle strength and boost your endurance.

Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. And when your heart and lung health improve, you have more energy to tackle daily chores.

#### **5. Exercise promotes better sleep**

Struggling to snooze? Regular physical activity can help you fall asleep faster, get better sleep and deepen your sleep. Just don't exercise too close to bedtime, or you may be too energized to go to sleep.

#### **6. Exercise puts the spark back into your sex life**

Do you feel too tired or too out of shape to enjoy physical intimacy? Regular physical activity can improve energy levels and increase your confidence about your physical appearance, which may boost your sex life.

But there's even more to it than that. Regular physical activity may enhance arousal for women. And men who exercise regularly are less likely to have problems with erectile dysfunction than are men who don't exercise.

#### **7. Exercise can be fun ... and social!**

Exercise and physical activity can be enjoyable. They give you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy. Physical activity can also help you connect with family or friends in a fun social setting.

So take a dance class, hit the hiking trails or join a soccer team. Find a physical activity you enjoy, and just do it. Bored? Try something new, or do something with friends or family.

#### **The bottom line on exercise**

Exercise and physical activity are great ways to feel better, boost your health and have fun. For most healthy adults, the Department of Health and Human Services recommends:

- At least 150 minutes a week of moderate aerobic activity or 75 minutes a week of vigorous aerobic activity, or a combination of moderate and vigorous activity. The guidelines suggest that you spread this exercise throughout the week. Examples include running, walking or swimming. Even small amounts of physical activity are helpful, and accumulated activity throughout the day adds up to provide health benefits.
- Strength training exercises for all major muscle groups at least two times a week. Examples include lifting free weights, using weight machines or doing body-weight training.

Spread your activities throughout the week. If you want to lose weight, meet specific fitness goals or get even more benefits, you may need to ramp up your moderate aerobic activity to 300 minutes or more a week.

**Remember to check with your doctor before starting a new exercise program, especially if you have any concerns about your fitness, haven't exercised for a long time, have chronic health problems, such as heart disease, diabetes or arthritis.**