



PHASE 1 QUICK REFERENCE

5/14/20	Harahan	Heritage Plaza	Kenner	Downtown
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Club Operations

Club Hours	Monday-Thursday: 5 a.m. to 8 p.m. Friday: 5 a.m. to 7 p.m. Saturday: 7 a.m. to 2 p.m. Sunday: 7 a.m. to 12 p.m.	Monday-Thursday: 5 a.m. to 8 p.m. Friday: 5 a.m. to 7 p.m. Saturday: 7 a.m. to 2 p.m. Sunday: 7 a.m. to 12 p.m. No 24 hour access.	Monday-Friday: 6 a.m. to 2 p.m. Closed Saturday and Sunday No 24 hours access.	Monday-Friday: 5 a.m. to 7 p.m. Closed Saturday and Sunday
Membership Dues	No dues in May			
Food & Bev Minimum	No Food & Beverage Minimum in May			
Guests	No guests; members only			

Safe Guards and Sanitation

Health Screening	<p>Upon arrival:</p> <ul style="list-style-type: none"> All members and employees will be checked for temperature. Answer screening questionnaire: <ol style="list-style-type: none"> Do you have a fever greater than 100°F /37.8°C? If you've had a recent fever greater then 100°F / 37.8°C, have you been fever-free for 24 hours without the use of fever-reducing medications? Do you have a new cough that started or has become worse in the last 48 hours? Do you have shortness of breath that started in the last 48 hours?
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	Harahan	Heritage Plaza	Kenner	Downtown
Safe Guards and Sanitation (Continued)				
Gloves	Not required; please practice proper hand washing and hygiene protocols			
Masks	Required for employees Recommended for members			Required for employees and members
Sneeze Guards	Front Desks, Cafe, Registered Dietitian offices, Personal Training Studio, Membership offices			
Social Dist. Placards	Café, Lines for Group Fitness, in Group Fitness studios, throughout the weight rooms, front desk area			
Age Requirement	14+	18+	18+	18+
Cleaning Protocols	Disinfectant Fogging, Hand Sanitizer Stations, Gym Wipes, Champ Wipe Down			
Amenities and Programs				
Towel Service	Not available			
Locker Rooms	Open	Open	Open	Closed

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Amenities and Programs (Continued)				
Showers	Closed			
Locker Room Amenities	Removed			
Steam Rooms	Closed	Closed	N/A	N/A
Sauna	Closed	Closed	N/A	Closed
Jacuzzi	Closed	Closed	N/A	Closed
Cold Dip	Closed	N/A	N/A	N/A
Swim Lessons	Closed	N/A	N/A	N/A
Afterburn	Closed	N/A	N/A	N/A
Raquetball	Closed	N/A	N/A	Closed

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Amenities and Programs (Continued)				
Cafe	M-F 6am-2pm; Sat 7am-2pm Closed Sunday Limited Menu	Normal	N/A	Normal
Personal Training	Private 1:1 Sessions Only			
Nutrition	1:1 and virtual sessions available			
Massage Therapy	Closed			
Senior Class/Events	Virtual only			
Group Exercise	Limited Class times, schedule, and capacity. Reservations via FITT Lab App or by calling the Front Desk			
Cardio Room & Track	Closed	Open with social distancing protocols	Open with social distancing protocols	Open with social distancing protocols
Weight Room	Open with social distancing protocols	Open with social distancing protocols	Open with social distancing protocols	Open with social distancing protocols
Outdoor Cafe	Closed			

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Amenities and Programs (continued)				
Poolside Bar	Closed			
Lifeguards	None- adult swimming only			
Outdoor Pools	Closed until 5/25	N/A	N/A	N/A
Indoor Lap Pools	Lap Swimming Only- 1 per lane Reservations via FITT Lab App or by calling the Front Desk	Lap Swimming Only- 1 per lane Reservations via FITT Lab App or by calling the Front Desk	N/A	N/A
Indoor Rec Pool	Closed	N/A	N/A	N/A
Cycling	Closed due to construction	Limited capacity	N/A	Closed
Yoga	Closed due to construction	Limited capacity	N/A	Closed
Pilates	Open with limited capacity	N/A	N/A	N/A
Med Fit	Closed	Closed	Closed	Closed

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Physical Therapy	Open	N/A	N/A	N/A
Kidsports	Closed	N/A	N/A	N/A
Basketball Courts	Closed until 5/25	N/A	N/A	Closed
Youth				
Birthday Parties	Closed			
Member Childcare	Closed			
Swim Team	Closed- will follow USA Swim guidelines on when to open			
Camp	Ochsner Employees children only			
Gymnastics	Closed- will follow USA Gymnastics guidelines on when to open			