



# EFFECTIVE JUNE 15, 2020

6/15/20	Harahan	Heritage Plaza	Kenner	Downtown
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## Club Operations

<b>Club Hours</b>	Monday-Thursday: 5 a.m. - 8 p.m. Friday: 5 a.m. to 7 p.m. Saturday: 7 a.m. to 2 p.m. Sunday: 7 a.m. to 2 p.m.	Monday-Thursday: 5 a.m. - 8 p.m. Friday: 5 a.m. to 7 p.m. Saturday: 7 a.m. to 2 p.m. Sunday: 7 a.m. to 2 p.m. 24 hour access.	Monday-Friday: 8 a.m. to 4 p.m. 24 hours access.	Monday-Friday: 5 a.m. to 7 p.m. Closed Saturday and Sunday
<b>Membership Dues</b>	50% off dues in June			
<b>Food &amp; Bev Minimum</b>	Yes			
<b>Guests</b>	All guest passes are available			

## Safe Guards and Sanitation

<b>Health Screening</b>	<p>Upon arrival:</p> <ul style="list-style-type: none"> <li>All members and employees will be checked for temperature.</li> <li>All members, guests, and employees will answer screening questions about COVID-19 symptoms and risks</li> </ul>
<b>Gloves</b>	Not required; please practice proper hand washing and hygiene protocols

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<b>Safe Guards and Sanitation (Continued)</b>				
<b>Masks</b>	Required for employees Recommended for members			Required for employees and members
<b>Age Requirement</b>	No restrictions	18 and over only unless using childcare	No restrictions	18 and over only
<b>Amenities and Programs</b>				
<b>Towel Service</b>	Yes			
<b>Locker Rooms</b>	Open	Open	Open	Open
<b>Showers</b>	Open			
<b>Locker Room Amenities</b>	Not available			
<b>Steam Rooms</b>	Open; 3 socially distanced members at a time	Open; 2 socially distanced members at a time	N/A	N/A
<b>Sauna</b>	Open; 3 socially distanced members at a time	Open; 2 socially distanced members at a time	N/A	Open; 1 socially distanced member at a time
<b>Whirlpool</b>	Open; 4 socially distanced members at a time	Open; 2 socially distanced members at a time	N/A	Open; 2 socially distanced members at a time

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<b>Amenities and Programs (Continued)</b>				
<b>Cafe</b>	Same as club hours	Same as club hours	N/A	Same as club hours
<b>Personal Training</b>	Private and Group Training available; social distancing mandatory			
<b>Nutrition</b>	1:1 and virtual sessions available			
<b>Massage Therapy</b>	Available at Harahan only; book by calling the front desk at 504-733-1600			
<b>Senior Class/Events</b>	Virtual only			
<b>Group Exercise</b>	Limited class times, schedule, and capacity. Reservations via FITT Lab App or by calling the Front Desk			Closed
<b>Cardio Room &amp; Track</b>	Open with social distancing protocols	Open with social distancing protocols	Open with social distancing protocols	Open with social distancing protocols
<b>Weight Room</b>	Open with social distancing protocols	Open with social distancing protocols	Open with social distancing protocols	Open with social distancing protocols
<b>Outdoor Cafe</b>	Closed			

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## Amenities and Programs (continued)

<b>Poolside Bar</b>	Closed			
<b>Lifeguards</b>	Available during recreation swimming hours; 1 pool attendant will help monitor social distancing			
<b>Outdoor Pools</b>	Circle swimming will be allowed in the 6-lane and 8-lane pools with 2 swimmers in each lane. Reservations can be made on the FITT Lab app.	N/A	N/A	N/A
<b>Indoor Lap Pools</b>	1 per lane; book on FITT Lab App	1 per lane; book on FITT Lab App	N/A	N/A
<b>Indoor Rec Pool</b>	Open for 4 members at a time; no reservation needed	N/A	N/A	N/A
<b>Cycling</b>	Closed due to construction	Limited capacity	N/A	Limited Capacity
<b>Yoga</b>	Open; book on FITT Lab App	Open; book on FITT Lab app	N/A	Open, book on FITT Lab app
<b>Pilates</b>	Open with limited capacity	N/A	N/A	N/A
<b>Med Fit</b>	Closed	Closed	Closed	Closed

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## Amenities and Programs (continued)

<b>Basketball Courts</b>	Open; use general club booking on FITT Lab app and follow social distancing protocols	N/A	N/A	Open, 2 socially distanced people allowed at a time; no reservation needed
<b>Cold Dip</b>	Open, one person allowed in at a time	N/A	N/A	N/A
<b>Swim Lessons</b>	Private lessons are allowed; email <a href="mailto:coffutt@ochsner.org">coffutt@ochsner.org</a> for more info	N/A	N/A	N/A
<b>Afterburn</b>	Open but relocated to Kidsports Xrcade room	N/A	N/A	N/A
<b>Raquetball</b>	Open; four socially distanced people allowed; one member reserves for the group of four (or less)	N/A	N/A	Open; four socially distanced people allowed; no reservations needed/first come, first served

## Youth

<b>Birthday Parties</b>	Closed			
<b>Member Childcare</b>	Mon-Fri- 8 a.m.-12 p.m. and 4 p.m. to 8 p.m. Weekend hours: 8 a.m. to 12 p.m. Two-hour limit; reservations must be made by calling-504-733-1200.	Mon-Fri: 8 a.m.-1 p.m.	N/A	
<b>Swim Team</b>	Open; email <a href="mailto:coffutt@ochsner.org">coffutt@ochsner.org</a> for more info			
<b>Camp</b>	Ochsner Employees and Ochsner Fitness Center members' children only. Call 504-733-1200 for more info.			
<b>Gymnastics</b>	Open; email <a href="mailto:alaina.wertz@ochsner.org">alaina.wertz@ochsner.org</a> for more information			