



HEALTH CLUB

We are thrilled to reopen our doors to our Semiahmoo Health Club members. Please take a moment to review our safety guidelines below.

All members must complete the COVID Compliance Waiver and Health Pre-Assessment to meet the state mandate standards before entry. Please see a Health Club team member for more information.

- Only Health Club members are permitted at this time due to limited 30% capacity
- Limited hours of operation are 6:30am – 6:30pm, Monday – Sunday
- No indoor fitness classes at this time
- No personal training sessions at this time
- Outdoor fitness classes will be limited to 5 students and 1 teacher
- Showers, pools, pickleball courts, hot tub, and saunas will remain closed at this time until state guidelines allow reopening
- Locker rooms can be used for hand washing and restrooms, but are otherwise discouraged
- Guests under the age of 18 are not permitted at this time
- Training equipment will be set up for physical distancing
- Tissues and trash cans will be placed throughout the facility
- We will not be providing towels at this time
- Members must bring their own water bottles, water fountains can only be used to refill those bottles
- Members must wash their hands or use hand sanitizer before entry
- Equipment must be sanitized after each use
- We ask that guests practice physical distancing at all times

Thank you for joining us in keeping our community safe and healthy!
Please let us know if you have any questions or concerns.