

# Pulse Talk

## Pulse Generator Membership Resolution

As we move forward in our new normal, we understand the ongoing frustration with the delay in our reopening. As was communicated last week, it was not our decision to remain closed and is a decision that is not within our control.

For those members who wish to receive a refund on their July 29 pay for the 3 months of our closure, please complete the cancellation form at

<https://forms.gle/erYFzPmNj45rNLQb6>

Your membership will be cancelled and your refund provided to you. When our doors reopen you will need to reactivate a new membership. Please be aware that there may be a delay in processing new memberships once we do reopen due to volume, however we will do our best to process new memberships as quickly as possible. For those members who do not wish to cancel, deductions will continue and your refunds will still be processed upon our reopening.

Please note, in order to meet the payroll cut offs and allow time for processing, cancellation forms **must** be completed by July 10.

As always, we appreciate your patience and support. We will continue to provide our virtual content on our website and Facebook and remain ready and prepared to open our doors when it is considered safe for us to do so.



[www.pulsegenerator.ca](http://www.pulsegenerator.ca)





**Here is what we have been working on and important protocol that you will need to know when our doors open.**



## **Fitness Centre Redesign...**

**In order to comply with physical distancing guidelines, the PG has had to make a few changes to the overall layout of the our facilities.**

**Fans have been removed to discourage the dispersement of airborne particulates.**

**Water fountains have also been disabled at this time, so a full water bottle is recommended.**

## **Max Number of PG users...**

**As you walk around the facility, you will notice signage with large numbers in clear view. These numbers represent the maximum occupancy that can be in a certain zone or facility at one time. If the centre is at its maximum occupancy, please respect this number and wait outside the facility until a spot becomes available for use.**

## **Onsite staff use only...**

**The PG will open with its intended use to be that of onsite employees only. If you are at work on site and choose to come down immediately before or after your shift or during your shift we welcome you back. We encourage staff to refrain from coming to the PG from home just for a workout when not working onsite.**

**Non members and guests will not be permitted at any PG site.**



**[www.pulsegenerator.ca](http://www.pulsegenerator.ca)**



# Facility Cleaning...

All facilities will be cleaned and disinfected regularly, including all equipment.

## PG Locker Rooms (where appropriate)...

We encourage everyone who visits the PG to come to the facility already changed and ready to use the fitness centre. Locker rooms will be available for using the washrooms and showers etc however at a reduced capacity. We ask members to do their best to limit the amount of time spent using these areas.

## Online Equipment sign up is coming soon...

Bookings for cardio pieces (treadmills, crosstrainers, bikes, stairmill and rowers) will soon be done electronically. Time slots of one time per day will be able to be reserved using the Mind Body Online booking system, the same system you now use for your membership.

Once you have booked a slot, you will have an electronic record of this booking. It is recommended that you bring your smart device with you to the PG in case of a dispute on equipment bookings. Reservations are only valid for 5 minutes after the designated start time.

## Classes & Studios...

We will be developing and trying out a system for the offering of classes at UAH in preparation for a fall program at all sites. Please note that at this time, only low impact classes such as Yoga, Strength and Pilates will be offered. Please note that portable equipment will not be allowed to be brought into any facility except a personal mat, which will need to be disinfected upon entering a class.



**[www.pulsegenerator.ca](http://www.pulsegenerator.ca)**



## **Other PG Notes...**

**All members using the facility must be screened at hospital site entrances or on work site or unit and approved “fit for work”.**

**It is expected that all members will strictly adhere to the same standards for behavior ,hygiene and the wearing of masks in the fitness facility as in their work site. The wearing of masks is appropriate for all stretching and weight training, but not recommended for cardio vascular training.**

**All PG members are required to wear clean and specific work out gear while in the gym. Scrubs and uniforms are not permitted.**

**All members must adhere with the AHS physical distancing public health order and maintain 2 meters (weight and stretching) and 3 meters (cardiovascular) distance between themselves and any other user. Markers will be on the floor in all facilities.**

**All members must wash their hands or use hand sanitizer before entering the facility and upon leaving the facility.**

**There is a time restriction of 1 hour /workout. A 30 minute time limit is on cardiovascular equipment.**

**When a member enters the facility they are required to obtain an equipment cleaning product bottle and a clean rag. They are to use this one bottle throughout their workout cleaning the equipment before and after use.**

**Members are not permitted to bring any outside items into the gym. Coats, clothing, bags and food are not permitted. Water bottles and personal audio or media items are permitted in the gym.**

**Members are also reminded that although gyms have previously been a social gathering place, individuals are to work out on their own and not in groups and to not congregate in the gym after a workout socializing.**



**[www.pulsegenerator.ca](http://www.pulsegenerator.ca)**





<https://pulsegeneratorfitness.blogspot.com/>



Calgary to Edmonton (~300km)



**[www.pulsegenerator.ca](http://www.pulsegenerator.ca)**



PULSE GENERATOR IS NOW OFFERING

# ONLINE PERSONAL TRAINING

Are You Needing Some Personalized Guidance to  
Reach Your Goals? The Pulse Generator Team Can  
Help you with a Personalized Online Training  
Program and Coaching!



*Visit our webpage to book your session*

[WWW.PULSEGENERATOR.CA](http://WWW.PULSEGENERATOR.CA)

Live your cycling adventure

TOFINO

JULY 8 - AUG 5TH

**200 virtual kms**

**SIMULATING: 5 DAY CYCLING TRIP**



**\$50**

complete program

**START DATE:**  
**JULY 8th**

[www.pulsegenerator.ca](http://www.pulsegenerator.ca)

*sign up today!*

5 week program

### TRIP ITINERARY

Coombs - Port Alberni	39.6km	July 8
Port Alberni - Sproat Lake	33.8km	July 15
Sproat Lake - Kennedy Lake	46.6km	July 22
Kennedy Lake - Ucluelet	39.4km	July 29
Ucluelet - Tofino	40.4km	Aug 5

### INCLUDED IN YOUR PACKAGE:

**5 VIDEOS** - 40 MIN IN LENGTH

ONE VIDEO WILL BE DELIVERED TO YOUR INBOX EACH WEEK.

**ZOOM:** ENJOY THE OPTION TO COMPLETE EACH OF THE 5 LEGS OF THIS JOURNEY WITH A CHEERFUL GROUP LEADER EVERY WEDS AT 6AM

For more info: [Lenore.Torre@ahs.ca](mailto:Lenore.Torre@ahs.ca)