

Full Centre Membership – Questions and Answers

Do I have to book to use the gymnasium?

Yes, all members wishing to use the gym will be required to book their 1 hour gym session. Bookings will initially be done via Peake Reception however we will shortly be moving to a new online Members Portal at which point all bookings will move online.

When attending the club for a gym session do I have access to the changing facilities?

Unfortunately due to the size of our changing rooms we are allocating the changing room space for those members attending the swimming pool only. We ask that you come dressed in workout clothes and bring minimal belongings into the club with you i.e. swipe card, car key and water bottle which will remain in your possession whilst you use the gym.

Can I go for a swim after my workout?

Yes, however please note that the swimming pool will operate on a first come first serve basis. If all lanes are occupied then you may have to wait for a lane to become available. We ask that you leave your swim bag in your car and when your workout time is over collect your swim bag and re-enter the club as a 'Swim session member' Please see operational guidance for Swim Session Member.

How long will I have to workout?

Your allocated time will be limited to 60 minutes. Unfortunately at this time you can only book 1 slot per day. The fitness staff will 'check you in and out' of your gym session. To minimise congestion and queuing within the leisure club we ask that you only attend the club at the time of your session.

Will I have my temperature taken upon entry?

Yes all members will have their temperature taken upon entry, unfortunately if you have a high temperature you may be refused entry to the leisure club.

Will I have to sanitise my own equipment before and after use?

Yes we will ask all members to take responsibility for the equipment they use whilst working out. Our staff will also be on hand providing cleaning and sanitation to high touch points throughout the club.

Can I train with my training partner if we can both get a slot at the same time?

Yes that's fine, however we will be asking members to keep talking to a minimum when exercising. The reason being that water droplets from 2 people talking to each other in close proximity has been proven as one way for the virus to be transmitted.

Will there be a one way system in the gym?

Yes we have implemented a one way system to ensure members maintain social distance when exercising. Please use the floor markings and follow the one way system when using the gym.

Has the layout of the gym changed, if so how?

Yes to a certain degree. We've tried to keep the zones of the gym the same but have removed some equipment to ensure social distancing is maintained. The Fitness studio will also be used as an overflow to the gym with various pieces of cardio and resistance equipment available to use.

What will the capacity of the gym at any one time?

The capacity will be capped at 10 members per hour.

I haven't trained since the club closed and need my program reviewed?

Yes we will be offering gym based appointments through the day as before subject to availability.

Can I sit and have a coffee or smoothie after my workout in Peake Bistro?

Yes we will be serving drinks only from Peake Bistro. Capacity numbers within the bistro will be monitored by our staff accordingly and at busy times we may ask you to use one of the other food and beverage outlets across the resort. The

newly refurbished Sports Bar will be running a delicious daily menu. Members discounts will be honoured at any till point across the resort including the Sports Bar when paying with your members swipe card.

Will sweat towels be provided?

Unfortunately government guidance prevents us from offering sweat towels to our members at this time. We advise that you bring your own towel to the gym.

Will the water fountain be available?

Unfortunately the water fountain will be out of use, we ask that you bring your own water when attending the gym or purchase a bottle from one of the beverage outlets across the resort or Pippin shop.

Are there any additional measures you have gone to protect me whilst using the gym?

We've stepped up our cleaning and sanitation scheduled throughout the club with designated cleaning staff at key points throughout the facility. We will also be using ozone water to spray over high touch points such as gym upholstery and poolside loungers which kills all bacteria including covid-19 after 60 seconds of contact. We'll also be installing an air purifying system within our gym, studio and changing rooms which uses UV light to kill all airborne bacteria including Covid-19. We can also monitor the quality of the air in these areas at any time to ensure the air you are breathing is Covid secure at all times.

Fitness Classes

Do I have to book for all classes?

Yes due to track and trace all classes must be booked, failure to book will result in you being refused entry to the class.

How will you be policing this?

Each class instructor will call a register at the beginning of each class, unfortunately repeat 'no show' offenders will be prevented from booking classes for 1 month and we ask that members are mindful that we are operating with a reduced capacity for each class.

Can I book online?

Not yet but we are due to go live with our Members Portal imminently at which point all classes will be booked online. Until then simply email peake@stokebynayland.com or call 01206 265820 to book your classes.

When attending the club for a class do I have access to the changing facilities?

Unfortunately due to the size of our changing rooms we are allocating the changing room space for those members attending the swimming pool only. We ask that you come dressed in workout clothes and bring minimal belongings into the club with you i.e. swipe card, car key and water bottle which will remain in your possession whilst you use the studio.

Can I go for a swim after my class?

Yes, however please note that the swimming pool will operate on a first come first serve basis. If all lanes are occupied then you may have to wait for a lane to become available. We ask that you leave your swim bag in your car and when your workout time is over collect your swim bag and re-enter the club as a 'Swim session member' Please see operational guidance for Swim Session Member.

What capacity will the classes be capped to?

We are reducing the class capacity to 10 spaces per class, to reduce congestion and queuing outside the studio we ask that you only enter the leisure club at the time of your class.

Why are some classes reduced to 45 minutes?

We have allocated 15 minutes cleaning and sanitation time after each class, don't worry the classes will still be just as good as hour formats.

Can I sit and have a coffee or smoothie after my workout in Peake Bistro?

Yes we will be serving drinks only from Peake Bistro. Capacity numbers within the bistro will be monitored by our staff accordingly and at busy times we may ask you to use one of the other food and beverage outlets across the resort. The

newly refurbished Sports Bar will be running a delicious daily menu. Members discounts will be honoured at any till point across the resort including the Sports Bar when paying with your members swipe card.

Will sweat towels be provided?

Unfortunately government guidance prevents us from offering sweat towels to our members at this time. We advise that you bring your own towel to your class.

Will I have my temperature taken upon entry?

Yes all members will have their temperature taken upon entry, unfortunately if you have a high temperature you may be refused entry to the leisure club.

Will I have to sanitise my own equipment before and after use?

Yes we will ask all members to take responsibility for the equipment they use whilst in the class. Our staff will also be on hand providing cleaning and sanitation to high touch points throughout the club.

Are there any additional measures you have gone to protect me whilst using the studio?

We've stepped up our cleaning and sanitation scheduled throughout the club with designated cleaning staff at key points throughout the facility. We have also scheduled in 15 minutes cleaning and sanitation time after each class. We will be using ozone water to spray over high touch points such as gym upholstery and poolside loungers which kills all bacteria including Covid-19 after 60 seconds of contact. All class instructors will be issued their own microphone mouth piece to reduce the risk of spreading Covid-19. We'll also be installing an air purifying system within our gym, studio and changing rooms which uses UV light to kill all airborne bacteria including Covid-19. We can also monitor the quality of the air in these areas at any time to ensure the air you are breathing is Covid secure at all times.