



PHASE 2 QUICK REFERENCE

Revised NOVEMBER 24, 2020 (subject to change)

Masks REQUIRED for everyone 5+ while inside the building, except during strenuous physical exercise (70-85% max heart rate) or swimming.

NON-COMPLIANCE WITH THIS MANDATE, MEMBER WILL BE ASKED TO LEAVE.

ALL MISSOULA LOCATIONS	
Club Hours	Blue Mountain: Mon-Fri, 5 am-9 pm, Sat-Sun, 7 am-7 pm Racquet Club: Mon-Thu, 6 am-10 pm, Fri-Sun, 7 am-7 pm Downtown: Mon-Fri: 5 am-8 pm, Sat-Sun: 7 am-7 pm
Business Office Hours	Monday-Friday: 9 am-3 pm
Membership Services	Monday-Friday: 9 am-5 pm, membership@peakmissoula.com
Guests	No Guests - MEMBERS ONLY
Downtown Members	Welcome to attend Group Fit classes at Racquet Club and Blue Mountain, Sign up using MindBody app or website.
SAFETY	
Temp Check & Symptom Screening	<p>REQUIRED, Every Time You Enter Any PEAK facility!</p> <p>If you answer "YES" to any of the following questions, you will NOT be allowed to enter the club. Do you have any of the following symptoms?</p> <ul style="list-style-type: none"> • Cough, congestion or runny nose • Shortness of breath • Fever or Chills • Fatigue • Muscle or body aches • Sore Throat • New loss of taste or smell • Nausea or Vomiting • Diarrhea
Check In / Masks	<p>Masks REQUIRED for everyone 5+ while inside the building, except during strenuous physical exercise (70-85% max heart rate) or swimming.</p> <ul style="list-style-type: none"> • Members must have current picture and contact info. • Temperature check and health screening.
Spacing	Practice and maintain 6' social distancing and workout alone.
Cleaning	Members required to thoroughly clean all equipment with disinfectant wipes after each use. Staff will clean and sanitize equipment and touch points during hours of operations with deep cleaning/sanitization nightly.
Confirmed Positive Covid-19 Diagnosis	Contact Club Director, Susie Turner by Phone or Email: 406 240-1330, susie@peakmissoula.com

Children (13 and younger)	
Childcare/Jungle	CLOSED During Phase 2
Blue Mountain	<ul style="list-style-type: none"> Basketball Court: parent/guardian must be present and attentive with kids at all times. Masks must be worn on bleacher and on court unless engaged in strenuous activity by anyone 5+. No one-on-one or pick up games. No sharing basketballs unless by family members. Basketballs must be checked out and returned to service desk (to be sanitized). If waiting for children or court time masks must be on. Pickleball players must ENTER court from WEST ENTRANCE (Front doors/The SPA) and EXIT from EAST ENTRANCE (weight room). Wait for previous session players to exit the court before entering. 6' social distancing required. Court limit: 15 people (including parent/trainer), 1 hour per court workout if at max capacity. Open Swim: M-F, 6:30 pm-8:30 pm, Sat & Sun, 11:30 am-7:30 pm. Parent/guardian must be in pool or on deck (not in hot tub) and attentive to kids at all times. Masks are required for anyone 5+ on deck. Masks do not need to be worn while in the pool. Open area (lanes 5 & 6) limit: 10 people. Children under 5 are not allowed in hot tub, sauna and steam room. Track: parent/guardian must be on the track and attentive with kids at all times. Masks must be worn if not engaged in strenuous activity such as running. For casual walking, mask must be worn by anyone 5+.
Junior Tennis	Programs are open, contact jan@peakmissoula.com, 406 251-3356 ext 12.
Swim Lessons	Level 4 & 5 lessons & swim team available. 2 lanes reserved during swim lessons. Call/email Jessi Mejia, 251-3344 ext 225, jessi@peakmissoula.com.
AREAS	
Weight Room	<ul style="list-style-type: none"> Wear masks at all times unless strenuously exercising (70-85% max heart rate). This means masks must be worn even when you are: <ul style="list-style-type: none"> - Wiping down & Re-Racking weights - In-between sets - Looking/talking on your phone - Waiting for machines/weights - Chatting with other members or staff - Walking around the club - Moving between machines/weights <p>NON-COMPLIANCE WILL RESULT IN YOU BEING ASKED TO LEAVE THE CLUB!</p> <ul style="list-style-type: none"> Weight equipment is spaced out to accommodate for 6' social distancing. Complete sets on same machine, with no more than 60 seconds between sets. 1 machine/weights at a time and user must wipe down equipment after use.
Cardio	<ul style="list-style-type: none"> Some cardio equipment will be marked "Unavailable" for social distancing. Do not use equipment if it is marked off. User is responsible for wiping down equipment after use. Wear masks at all times unless strenuously exercising (70-85% max heart rate).
Locker Rooms	<ul style="list-style-type: none"> Limited showers available. No shower curtains or amenities available. Please bring toiletries (Shampoo/shower gel, conditioner, hairdryers etc. will not be provided during Phase 2). Shower towels for members with a towel account only; all others must bring their own. Sweat towels unavailable. Limited lockers available. Please come prepared and dressed to exercise to limit time/congestion in locker rooms. Maintain 6' social distancing. Saunas, steam rooms, hot tub available with 15 min limit. 2 person limit in saunas & DT steam room, 3 person limit BM steam room, 4 person limit in hot tub. Children under 5 are not allowed in hot tub, steam room and sauna.

AREAS	
Water Aerobics	. Sign up on MindBody app, max 18 ppl, entire pool reserved
Pool	<ul style="list-style-type: none"> • Adult Coached Lap Swim available. Sign up on MindBody app, max 12 ppl, entire pool reserved. • Lap swimming available. Lanes 1-5; 2-person max use lap swim lanes. • Water therapy exercises. Lane 6; 2-person max, must remain 6' apart. • Open Swim: M-F, 6:30 pm-8:30 pm, Sat 11:30 am-7:30 pm, Sun, 7 am-7:30 pm. Parent/guardian must be in pool or on deck (not in hot tub) and attentive to kids at all times. Masks are required for anyone 5+ on deck. Children under 5 are not allowed in hot tub, sauna and steam room. Masks do not need to be worn while in the pool. Open area (lanes 5 & 6) limit: 10 people. • Saunas, steam rooms, hot tub available with 15 min limit. 2 person limit in saunas & DT steam room, 3 person limit BM steam room, 4 person limit in hot tub. Children under 5 are not allowed in hot tub, steam room and sauna.
Studios	<ul style="list-style-type: none"> • CYCLING - Available with limited amount of bikes to follow social distancing. Blue Mtn Max Capacity: 13 / Downtown Max Capacity: 11 • MIND & BODY - Available for individual use, practice social distancing, equipment unavailable. Racquet Club Max Capacity: 11 / Downtown Max Capacity: 11 • GROUP FIT - Available for individual use, when no Group Fit classes are scheduled. Practice social distancing, equipment unavailable. Blue Mtn Max Capacity: 15 / Downtown Max Capacity: 13 • Reserve you spot on the MindBody app for ALL classes.
Member Lounge	Temporarily Unavailable
Pro Shop	Racquet Stringing: contact Jim Stephens, 251-3356, jim@peakmissoula.com
ACTIVITES	
Group Fit And Mind & Body	<ul style="list-style-type: none"> • View schedules and reserve spot at peakmissoula.com/classes or on the MindBody app. • LIVE VIRTUAL CLASSES now available. Signup on MindBody app.
Personal Training Pilates Training	<ul style="list-style-type: none"> • Available - Contact Fitness Directors/trainers for questions or scheduling. • Blue Mtn Personal Training, Stephen Pitts, stephen@peakmissoula.com, 251-3344. • Downtown Personal Training, Mike Rankin, mike@peakmissoula.com, 317-1960. • Pilates, Stephanie Peabody, stephanie@peakmissoula.com, 251-3356.

ACTIVITES

Tennis	<ul style="list-style-type: none"> • Lessons available with some restrictions. • Tennis courts open for reserve play. • Adult and Junior programming available.
Tennis/HRS	<ul style="list-style-type: none"> • Tennis: Singles & Doubles. • Handball/Racquetball/Squash: singles available - temporary. • Practice 6' social distancing while entering/exiting courts. • Sign up for courts by using our online reservation system or call 251-3356. • No Wallyball.
Pickleball	<p>View schedule at peakmissoula.com/Pickleball (day/times subject to change).</p> <ul style="list-style-type: none"> • Players must ENTER court from WEST ENTRANCE (Front doors/The SPA) and EXIT from EAST ENTRANCE (weight room). Wait for previous session players to exit the court before entering to maintain 6' social distancing. • Reserve spots on SignUp Genius. No Drop-In play or walk-ins at this time. • New to Pickleball? Sign up for a free lesson with certified Pickleball Instructor Jim Stephens, jim@peakmissoula.com before reserving spot on SignUp Genius.
Basketball Pick-up Games	<ul style="list-style-type: none"> • Masks must be worn at all times unless strenuously exercising on court. (70-85% max heart rate). • Single person shooting/drilling Only. No pick up games, one-on-one, two-on-two, etc. Only exception: Basketball Small Group Training with PEAK Trainer. • No sharing basketballs unless by family members. • Must check out/return basketballs to service desk. • 6' social distancing required. Court limit: 15 (including parent/trainer), 1 hour per court workout if at max capacity.
SPA at The Peak	<ul style="list-style-type: none"> • Monday-Friday: 9 am-7 pm Saturday: 10 am-5 pm • All services available. • Clients will wait in their car until contacted by SPA receptionist with a call/text to enter for appointment. • Clients and staff are required to wear face covering. • Showers, lockers and lounge temporarily unavailable.

AMENITIES

Water Bottle Filling Station	<ul style="list-style-type: none"> • Hands free station available - bring your own bottle. • Drinking fountain temporarily unavailable.
Juice Bar	<ul style="list-style-type: none"> • Prepackaged shakes and products available. • Shakes available at Blue Mountain only.
Sweat Towels	Temporarily Unavailable