

# The Siena College Fitness Center is excited to announce that the Marcelle Athletic Complex will be reopening on Tuesday 9/1!

Please read the entire message for all information on hours, mandatory session reservations, facility changes, new cleaning procedures and what the staff will be doing to maintain everyone's safety.

## Checklist for utilizing the Fitness Center:

1. Read this entire message.
2. Sign-up for IMLeagues and create an account.
3. Make your 1st reservation for the Fitness Center.
4. Bring a mask and a positive attitude! Change is hard, but we can do it together.

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## Hours of Operation

- The Fitness Center summer hours will be open Monday –Friday 7:00 AM – 9:00PM and Saturday and Sunday from 9:00 AM – 5:00 PM.
- You will have to book a session in order to use the facility. Sessions will be 45 minutes in length and will begin on the hour.

## Reservation Protocol

- Under NYS COVID Guidance, the fitness center will begin a reservation system to ensure that you will have access to the center.
- ALL members that wish to use the fitness center will need to reserve a time to ensure within capacity and incase contact tracing is needed.
- You can access the reservation page through [IMLeagues.com/Siena](https://IMLeagues.com/Siena). There is also an IMLeagues app (recommended) that is very user friendly once you have started an account. Please click on the MAC Reservation tab to begin the reservation process.

## New IMLeague Users:

- Go to [IMLeagues.com/Siena](https://IMLeagues.com/Siena)
- Click “Create Account” and fill out all information.
- You will be directed to activate and confirm your account via email.
- Click “MAC Reservations”.
- Click “Reservations”.
- Click on the location that you are looking to reserve.
- Scroll to find the date and time slot that you would like to attend.
- Click the green button “Sign Up”.
- You can then choose an automatic reminder of your session.
- Click “Sign Up” again. You will then see a confirmation of your selected date and time.

## Returning IMLeague Users:

- Log into your current IMLeague Siena account at [IMLeagues.com/Siena](https://IMLeagues.com/Siena).
- Click “Sign in”.
- Click “MAC Reservations”.
- Click “Reservations”.
- Click on the location that you are looking to reserve.
- Scroll to find the date and time slot that you would like to attend.
- Click the green button “Sign Up”
- You can then choose an automatic reminder of your session.
- Click “Sign Up” again. You will then see a confirmation of your selected date and time.

## Check-in Process

- Please do not enter the Fitness Center until your session starts.

- Please check in with the Front Desk Staff Member with the IMLeagues app for touchless check-in.
  - Download the IMLeague app onto your smartphone and log in.
  - Click 'Me' icon on the bottom right of your screen
  - Click 'Virtual ID Card'
  - Hold your phone for the staff member to scan and check you in.
  - If you do not have a smartphone a staff member will assist you in the IMLeague check in.

## Waitlist for Classes:

A workout session could be filled but you are able to go onto a 'waitlist'. If a spot opens up you can then be notified and automatically enroll into the session.

## Reservation Cancellation Policy:

Due to the limited number of spaces available, it is mandatory that you cancel your reservation to allow a person on the waitlist the opportunity to attend the fitness center.

- To cancel a session, go to your registration and click "Unregister for Session"
- If you are unable to attend your registered session, you are REQUIRED to unregister from your session within 2 hours of the start of your session.
- Failure to show at your registered session 3 times will result in loss of access to the fitness center.

## Health & Safety

The Fitness Center staff's goal is to maintain a clean and safe facility for all to utilize.

The staff is being very diligent to make sure that the center is clean and disinfected at all times by increasing cleaning protocols and rearranging the facility in a way to accommodate social distancing.

We ask that you do your part to ensure everyone else's health is safe and to do so we are requiring all users of the facility to do the following:

- **Keep your distance.** Please practice appropriate social/physical distancing by staying at least six feet away from others at all times when possible.
- **Wear your mask.** You are required to wear a mask or facial covering that covers your nose and mouth when inside the Fitness Center. Acceptable face coverings include but are not limited to, cloth-based face coverings and disposable masks appropriate for exercise that cover both the mouth and nose. Bandanas, buffs, and gaiters are not acceptable.
- **Hand sanitizer.** Prior to entering the fitness center floor, please use the hand sanitizer that is provided for you. There are also several stations throughout the facility for you to use.
- **Wipe down equipment.** Wipe all equipment down before and after your workout.
  - This includes plates, dumbbells, cable machines and accessories, cardio equipment, etc.
  - Please use the cleaning materials that are provided for you throughout the fitness center.
- **No spotters.** For all free weight exercise please only use weight that will not require a spotter.
- **No lingering or socializing.** Please keep 6 feet away from others at all times and move through your workout to ensure it is completed within the 45 minute session.

## Personal Belongings

- Please bring minimal belongings into the Fitness Center.
- No personal items are allowed into the fitness center, except for a bottle.

## Equipment Layout & Changes

To ensure everyone's safety there have been a few changes to the Fitness Center. Some machines from the second floor have been moved to different locations and all machines have either been spread out to ensure 6 feet of space, or have plexiglass dividers in-between the machines.

Additionally, all personal use equipment has been removed from the Fitness Center. All mats, medicine balls, bands, etc. will not be available. Please bring your own items if needed.

The Aerobics room and both Multipurpose rooms in the Fitness Center are offline and are for classes only.

The following are the spaces available for reservation and what you will find there.

### Available:

- **Cardio Machines:** This space is the upstairs of the fitness center. This consists of all treadmills and elliptical machines. All bikes and rowing machines have been moved. To access the rowing machines, you will need to go to either corner of the track. The rowing machines are a part of the cardio machine reservation. To access the bikes, you will need to book racquetball court 3. This is the last racquetball court on the 1<sup>st</sup> floor. When booking this session, please stay upstairs for the entire duration.
- **Free Weights/Machines.** This is the 1<sup>st</sup> floor of the fitness center. All Machines when you first walk in and the free weights at the far end are accessible. When booking this session, please do not go upstairs.

- **MAC Court 1:** This is the first court in the MAC when entering from the main entrance.
- **MAC Court 2:** This is the second court in the MAC when entering from the main entrance.
- **MAC Court 3:** This is the third court in the MAC when entering from the main entrance.
- **MAC Track:** This is the indoor track in the MAC. To access, please enter the fitness center, head upstairs and out the door to your right. Please do not congregate in the Southeast or Southwest corners.
- **Outdoor Basketball Court:** These are the 2 basketball courts on the East end of the MAC.
- **Outdoor Tennis Courts:** These are the 4 tennis courts on the East end of the MAC.
- **Pool:** This is the Siena Swim Center in the MAC.
- **Racquetball Court 1:** This is the first racquetball court on your left when you enter the Fitness Center.
- **Racquetball Court 2:** This is the second racquetball court on your left when you enter the Fitness Center.
- **Racquetball Court 3:** This is the third racquetball court on your left when you enter the Fitness Center. This court consists of all bikes that were previously located on the second floor of the fitness center.

## If you have additional questions, please contact:

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