

# Gym Session Timetable

16<sup>th</sup> December 2021 – 31<sup>st</sup> March 2022

At Wodson Park, we constantly review the latest 'UK Health Security Agency' and 'Hertfordshire Public Health' guidance regarding the various 'Covid' variants, as part of our commitment to ensuring that Wodson Park remains as 'Covid Safe' an environment as possible.

Our recent review of our Gym protocols has revealed that access to Wodson Park's Gym needs to remain strictly controlled to allow for Social Distancing. However, by maintaining our Gym Cleaning regimes we are able to continue to offer Gym Sessions at the times shown below.

**Our Gym will be OPEN at the following times from 16<sup>th</sup> December 2021 – 31<sup>st</sup> March 2022:**

(Please see our website for information regarding Wodson Park's Christmas & New Year Opening Hours)

## Monday - Thursday

Gym Session Times	
08.00 – 13.30	Off-Peak
13.30 – 14.00	CLOSED for CLEANING
14.00 – 17.00	Off-Peak
17.00 – 21.00	Peak

## Friday

Gym Session Times	
08.00 – 13.30	Off-Peak
13.30 – 14.00	CLOSED for CLEANING
14.00 – 17.00	Off-Peak
17.00 – 19.30	Peak

## Saturday

Gym Session Times	
08.00 – 12.30	Off-Peak
12.30 – 12.45	CLOSED for CLEANING
12.45 – 15.30	Off-Peak

## Sunday

Gym Session Times	
09.00 – 13.15	Off-Peak
CLOSED for CLEANING	

Please Note: Wodson Park is UNABLE to provide towels during the current pandemic.

**ALL Wodson Park Gym Sessions are limited to:**

- a **MAXIMUM of 18 participants** in the Gym, at any one time; and
- and **MUST be pre-booked**, by calling **Wodson Park Reception, tel: 01920 487 091**
- **Wodson Park Members** may **book our Gym Sessions up to 7 days in advance.**