

Hollins Open Fitness Hours for Students-Spring 2021

(Hours subject to change)

Monday/Wednesday

9 am-12 pm Open fitness
2-3:30 pm Open fitness
6-7:30pm Open fitness

Tuesday/Thursday

8:30 – 10:30 am Open fitness
1 – 3 pm Open fitness

Friday

9 am – 12 pm Open fitness
2:00pm – 3:30pm Open fitness

Protocols and Policies - Open Fitness Sessions

Users may arrive at any time during open fitness time blocks – [please see updated contactless check-in process below](#).

Max Capacity of fitness center is limited to 8 users at one time - if the space is full, users are limited to 45 minutes. Additional users beyond 8 must wait [in the lower foyer of athletic complex](#), outside of fitness center in the designated waiting area until a staff member prompts them to enter.

Only current students will be able to utilize the open fitness sessions. Faculty, staff, visitors, and the general public will NOT have access to the fitness center until further notice.

NEW! Contactless check-in process: (1) complete daily [CampusClear](#) app self-health screening questionnaire; (2) Complete virtual check-in form (each visit)- QR code access with smartphone (to request additional check-in form options, notify a staff member; (3) Please leave all personal items in the cubbies outside of the weight room/fitness center; (4) Enter fitness center - Confirm check-in at the front desk with staff member; (5) Enjoy your workout!

- Enter only thru first floor doors of the athletic complex.
- Exit through the side or upstairs doors- Front doors are entrance only!
- Users must wear [face](#)mask at all times and maintain 6-10 foot distance.
- Personal reusable water bottles are permitted and can be used at fill stations. Water fountains are closed until further notice.
- Users should sanitize each piece of equipment immediately after each use (see sanitation stations around weight room/fitness center).
- Staff will conduct intensive cleaning between open fitness times.
- PHED classes and/or varsity team activities are scheduled at various times outside of these open times.
- Please read and be familiar with all policies and protocol for the fitness center. Copies are available at the front desk of the fitness center and/or QR code access.

Fitness Complex - Building Hours

Monday 8 am – 9 pm

Tuesday	8 am – 9 pm
Wednesday	8 am – 9 pm
Thursday	8 am – 7 pm
Friday	8 am – 7 pm
Sat/Sun	Closed