

**An Open Letter To Our members.**  
**(UPDATED 3/16/2020)**

Dear Fit For Her Family,

Your health and safety is our number one priority. You may have noticed we are enhancing some of our cleaning protocols and are making adjustments to our class schedules, as well as tanning protocols.

We would humbly ask for your patience and understanding as we as a facility, a city, a state, and a nation, confront something none of us have any experience with.

We know our more senior members and immunocompromised are most vulnerable to infection, please keep this in mind. If any of you or a member of your household is feeling ill, running a fever, or otherwise feeling compromised in any way, please stay home for your sake as well as others. Please use wipes and disinfectant spray on any equipment you use, before and after usage. Your #1 line of defense against infection, wash your hands for 20 seconds in warm water before and after workout sessions. Do not touch your face with your hands (this is hard). Please cough or sneeze into your elbow. Please limit physical contact with one another.

**Classes are now cancelled for the next 14 days as a result of the new federal guidelines as it relates to “social distancing.” This is a very difficult decision but we feel we must do our part as requested by the federal government’s Corona Virus task force and POTUS.**

If we all work hard, and yes sacrifice in the short term, we can hopefully get this season behind us sooner rather than later.

**We will, prayerfully and pragmatically, continue to monitor, make decisions, and update as required.**

Sincerely, A&J

