

COVID-19 Re-Opening June 2020 Gameplan

Services:

- Private Personal Training
- Small Group and Semi-Private Training
- Online Training for General Population and Sports Performance

Online Training

- If you fill out the survey noting you want to continue with online training, we will not cancel your online subscription. We will get into contact with you with next steps!
- Sports Performance - We will continue updating the online workouts/videos/progressions every 3 weeks! You'll all be getting an update this week with the next 4 week plan. You'll also have a coach individually assigned to you for accountability.
- Semi-Private and Small Group - You will be assigned an individual coach for accountability. We will help create an individualized schedule for you. We will tweak/customize the workouts if needed in accordance to your goals!

Pricing Changes Sports Performance:

- ANY sports performance sessions previously purchased can be exchanged for private training. Private training is typically \$40-60/session, but through August will be decreasing to \$30-50/session.
- Sports Performance monthly group package expirations will be extended. That way if you only want to attend on days we can have the garage door open or days your child can be outside for most of the workout you will be able to utilize all your sessions and spread them out based on weather.
- Schedule and pricing attached

Pricing Changes Small Group/Semi-Private

- ANY small group or semi-private training packages previously purchased, can be exchanged for private training. Private training is typically \$40-60/session, but through August will be decreasing to \$30-50/session.
- Small Group and Semi-Private Training packages will resume, participants will have the opportunity to "go down" a package if desired (IE the small group only package instead of unlimited of everything).
- We will be adding an extremely flexible monthly package if you are wanting to phase-in gradually or not wanting to come on days you cannot be outside. The cost per session is higher, but a great option if you're only looking to come once or twice/week. You have the ability to switch to this package at any time, but this package will go away August 1st (subject to change)
 - You would pay up front \$50, \$100, \$150 that you could use as a "bank account".
 - Unused money each month will roll over to the next month.
 - We would then give you a credit online, and you could use that to sign up for your classes
 - Small Group Training - \$20/session

- Semi-Private Training - \$25/session
- Once you run out of money, you would add more to your virtual bank account
- This option will have a \$10/month fee in addition to the amount you put in. (this will take some extra back office time for us to track etc.)
- Small Group/Semi-Private Schedule and Pricing Attached

General Mandatory:

- Immediately after walking in, you'll wash your hands in the bathroom up front.
- We will take and record your temperature before class. If you have a high temperature you will be asked to leave immediately.
- We will do our best, but cannot guarantee that you won't share equipment. If this can wear gloves or bring disinfectant wipes. We will have rags/disinfectant spray available, but will not be wiping every handle between every set.
- Masks are encouraged. We will provide everyone with a mask for free! We get it, working out with one will be tough, but we would strongly encourage the below compromise for those who don't want to wear it the entire time.
 - If you have to cough or sneeze, pull the mask up (by grabbing from the sides, not touching the part you sneeze into) (Yes, you still have to wash your hands after)
 - If you need to wipe the sweat from your face, pull the mask up first (to avoid touching the rag to your lips and nose)
 - If within 6 feet of people, or having direct conversations with people make sure your mask is on.
- Do NOT put away equipment after use. That way after each class we know what we have to clean.
- After each class, EVERY surface and handle will be wiped down
- Minimum 15 minutes between touching equipment after class is done so it is allowed to air dry and properly disinfect
- Doors and windows remain open after each class to circulate fresh air.

Small Group Training (Cardio) Procedures:

- Class sizes capped at 8 participants
- All classes will be outdoors or in the garage with door open. That means no heating or cooling other than from nature. Dress accordingly.
 - If it is raining and we are unable to keep the garage door all the way open, we will utilize the entire facility to maintain 6ft between participants.

Semi-Private Training (strength) and Sports Performance Procedures

- Capped at 6 participants due to needing more equipment and wanting to minimize sharing of equipment
- Garage doors open and outdoors whenever possible