

JULY 9, 2020



## Reminder:

**HIIT Classes in person  
and via Zoom every  
Tuesday, Wednesday  
and Thursday  
7-7:30pm**



**Contact us:  
info@fitchoice247.com**

**fb.com/fitchoice247**

**instagram.com/  
fitchoice247gym**

# WE'RE RE-OPENING ON MONDAY!

Hey FitChoice Family,

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We are excited to announce that FitChoice 24/7 will be officially re-opening on Monday, July 13th! This is a phased approach meaning some equipment and supplies will not be available out the gate. We want to do this right so we all must do our part. Please review the **Important notes** below:

- **Code of Conduct:** By entering the facility, you are declaring that you are not sick, and are not exhibiting any signs or symptoms of Covid. Release of Liability / Code of Conduct will be posted and provided for all members and your use of the gym implies acceptance of this policy. FitChoice has the right to suspend or terminate member privileges if proper protocols are not followed.
- **Members Only:** We are open to FitChoice members only. Guests will not be permitted at this time. Staff will enforce occupancy restrictions and we ask you to be mindful of this requirement. Staffed hours will be: Monday - Friday 8am - 12pm and 4pm - 7pm, Saturday TBD
- **PPE:** Face coverings/masks are required at all times in the building for everyone. No exceptions.
- **Safety Precautions:** If you have traveled out of state, we ask that you not come to the gym until you have quarantined for at least 14 days with no symptoms.
- **Access:** Bathrooms and/or showers will be available, however, we recommend that you arrive ready to workout.
- **Cleaning:** Now, more than ever, we implore all members to wipe down all equipment before and after use. This includes hand weights and functional fitness machines.
- **Classes:** In person HIIT classes will be first come / first serve. We have limited space as you know so be mindful of this. Mats are not available. If your workout or class requires a mat, please plan to bring your own. To join our HIIT classes online, send a message via Facebook and we'll send you the Zoom login info.
- **Social Distancing:** All open areas inside the gym have been evaluated and redesigned where necessary to help ensure social distancing between members. Signage will be placed prominently throughout the facility to drive awareness of this requirement. Your contract requires adherence to all posted and written rules and regulations.
- **Cleaning & Sanitizing:** Our cleaning practices and protocols have been increased and updated, with frequent sanitation of high touch areas during all times of the day. We must all practice increased cleaning of equipment, and our hands to ensure the safety of ourselves and others.

Thank you to all who stayed with us while our facility was closed. You made this re-opening possible and we appreciate all of your support. We're still here for you, 24/7. Be safe and see you soon!

With Gratitude,  
*Crystal and Nina*