

The Coronavirus (COVID-19) continues to be top of mind each of us experience the influx of information and daily developments which cause questions and uncertainty in the world around us. In recognition of the public health imperative facing us all, we are doing our part to help slow the spread of the virus.

In addition to our regular cleaning, which is part of our normal course of business, we have increased the frequency and extent of cleanings, performing additional cleaning of high touch surfaces and objects.

We know education is key, and we are keeping ourselves updated regarding COVID-19, what actions we need to take to keep everyone safe and ensure the wellness of everyone around Bodies & Beyond.

We also ask that you be mindful of your current health. If you are sick with a cold or running a fever, please reframe from coming in the gym until you are better. We also ask that you continue to wipe down all surfaces that you touch.

Below is information from the CDC to help you and your family recognize the various flu/allergy related symptoms as we move ahead of this.

Be Well

