

G'Day Down Under Fitness members,

We cannot emphasize enough how important the health and safety of our members are - as it's our highest priority. Governor Wolf announced that all non-essential businesses must close by to help prevent the spread of COVID-19, this includes gyms, spas, personal training studios, etc.

So what does that mean?

- Like all gyms in the tri-state area, we will be closed to help prevent the spread of COVID-19. **We are hopeful to be open on the 30th or 31st – this depends on the state and federal gov.**

Ok, how do I workout?

- **GREAT QUESTION** - "Let focus on a solution." We want you and everyone else (members and non-members) to continue [#GetYourGymOn](#), in or out of the gym.
- Down Under Fitness will be posting at-home-workouts via the following social media platforms: Facebook, Instagram, and Twitter

But I'm looking for a specialty workout?

- Please contact us directly by sending us a message through one of the aforementioned platforms or an email at info@downunderfit.com.

What about the current fitness challenge?

- **YES**, you will be able to complete the workouts at home (we will make modifications if necessary).
- We will continue to post the workouts via social media.
- **CHECK-IN POINTS**: you will need to "check-in" through our Facebook page.
- **WORKOUT POINTS**: take a picture and TAG us when posting to Facebook and/or Instagram.
- **OPTIONAL WORKOUTS**: same rules apply as above.

Hey, how can I continue to participate in the other March Challenges?

- **SELFIE CHALLENGE**: keep snapping those pics while completing the posted "at-home-workouts," then post your pics to the above social media platforms. **DON'T BE SHY.**
- **GYM ATTENDANCE CHALLENGE**: all you have to do is CHECK-IN to DOWN UNDER FITNESS via Facebook.
- **CLASS PARTICIPATION CHALLENGE**: on hold until everyone is sweating in the gym again.

Do you know when the gym will be reopening?

- During this unprecedented time we ask for your patience. Like all gyms in PA and the tri-state area, we are in a 2 week holding pattern. **We are hopeful to reopen March 30th or 31st** – this depends on the state and federal government. We are a community dependent business therefore you are the reason why we have been operation for almost 11 years. We are just as eager to reopen as you are to workout.

And for those members that have asked, we will not be holding a "virtual" Burn n' Buzz class this Friday (although it is tempting). Remember, "what happens Down Under, stays Down Under."

If you have any questions about the above changes, protocols, and/or concerns please do not hesitate to contact us via social media and or email at info@downunderfit.com.

We will closely follow the situation and will continue to keep you updated. Thank you for your understanding and patience during this unprecedented time. With health and wellness we wish you all well, safe, and as always - continue to [#GetYourGymOn](#)

Your team of kangaroos from Down Under Fitness