

To our Fit Physique Family

May 8, 2020

Greetings to all our Fit Physique members!

We are hopeful that our doors will open on Monday, May 18, subject to our Governors approval of phase 2. Yoga and low-level cardio classes are included in this approaching date as well. Our number one priority is the safety of all our Fit Physique members and our staff. Our staff has diligently cleaned all areas of Fit Physique and eagerly await your arrival.

Upon opening, our current protocol will be as follows:

1. All members maintain 6 feet apart while exercising.
2. Our staff will take your temperature when you arrive and you will record that number when you sign in. If your temperature is 100 or more, you will not be permitted to stay. You may return only when you have been fever free for 48 hours. If you have any signs of illness, you should avoid coming.
3. You will need to disinfect your hands and use our disinfectant and blue disposable paper towels. We ask that you disinfect each piece of equipment, including mats, after use with our disinfectant and disposable blue paper towels. A staff member will also follow up with disinfectant on equipment as well.
4. Wearing masks and gloves are welcome, but not mandatory.

We have added one disinfecting stations, for a total of two stations, throughout the upper level. We will disinfect daily with our new Karcher BP mister, which sprays vital oxide that will kill the covid virus in one minute.

Thank you for your loyalty, patience and cooperation in following our new “normal” safety procedures during this very difficult time.

We look forward to seeing you all soon!

Your Fit Physique Staff Family