



WELCOME BACK!



Dear members,

Our facility, like so many has been closed for 101 days and during this time we have given a lot of thought on how to reopen and welcome you all back to Down Under Fitness the safest way. You have put your trust in us for 11+ years therefore our commitment to providing you a safe, fun, and comfortable experience is our top priority.

This reopening guide and plan will help you understand the changes Down Under Fitness has made for a comfortable wellness experience and will answer many questions. Please note, this unfortunate situation has hit us all directly or indirectly therefore changes in our lives were inevitable – both personally and professionally. Please have patience and respect for one another as we guide you through these uncharted times.

Now it's time to get back to it, break a sweat (that's not difficult – IT'S SUMMER), pump some iron, but overall it's time to #GetYourGymOn.

Thank you for your continued support and patience. We will all get through this and will be stronger – seriously, you will be stronger because most of you haven't lifted a weight for over 3 months WINK. We can't wait to see you all hopping around the gym again on Friday June 26th.

Cheers from your Down Under Fitness Kangaroo's

Let's get hoppin'



The Details YOU NEED TO KNOW NOW

- We will be following the CDC's "RECOMMENDED GUIDELINES" regarding personal protective equipment. Please note: **Masks are NOT required to exercise.** Masks* and gloves will be available to all members if you request them.
- The facility has been completely cleaned and disinfected. Every square inch has been touched by disinfectant. We ask ALL MEMBERS to clean their equipment before and after use. We have repainted 90% of the gym – because we were extremely bored. Please let us know how nice it looks!
- We have installed and clearly marked several sanitizing stations throughout the facility. These stations include touch-free foaming hand sanitizer. We have installed "GYM WIPE" dispensers for you to easily disinfect your equipment before and after each use.
- Equipment has been spaced out to make you feel more comfortable. Some equipment is being kept behind the front desk: floor mats and boxing equipment. Please ask a staff member when needed.
- Please bring your own personal gym towel. The towel service has been temporarily discontinued. Gym towels are available to purchase.
- The bottle filling station will be available to use - the water fountains have been disconnected. All members are encouraged to bring their own water bottle. The TOUCHLESS bottle filling station IS AVAILABLE to use. Bottled water is available at the front desk
- We want you to stay and smell clean therefore the showers are available to use BUT all members are required to notify a staff member once finished to ensure the shower can be properly disinfected.
- There will be times you will cross another member's path – please respect one another's personal spaces. Also remember, we encourage 6-foot social distancing and 3 foot voices (don't think about it too much, wink).
- GROUP EXERCISE CLASSES: we will be offering the following group exercise schedule starting June 29th through July 26th. The schedule can change depending on attendance and member's needs. **There will be a maximum of 6 participants per class (1 class sign-up only). ALL participants must schedule between 8-11am on the day of class by calling 610-376-0909 OR direct messaging on Facebook. Once a class fills up we will post it on Facebook and Instagram, along with the participant's first name and initials of their last name.**
 - MONDAY (2 classes): 5:30pm & 6:15pm Bootcamp (30 min)
 - TUESDAY: Inferno returning soon, stay posted
 - WEDNESDAY (2 classes): 5:30pm & 6:15pm Down Under – Int. (30 min)
 - THURSDAY: returning soon, stay posted
 - FRIDAY: Burn n' Buzz returning soon, stay posted
 - SATURDAY (2 classes) 8:30am & 9:15am Down Under – Adv. (30 min)
 - SUNDAY (2 CLASSES) 9am & 9:45am "AMRAP SUNDAY" (30 min)
- All members, non-members, and visitors are required to fill out an "Updated Waiver and Liability Agreement."

We are very excited to invite you back into our gym. Thank you for your past, current and future support!

It's time to #GetYourGymOn