

As of May 11th the state gave the go ahead for fitness centers to offer one on one instruction inside their centers as well as group fitness classes held outside for up to 10 people. Beginning Monday of this week we resumed our personal training schedule and may schedule some outside fitness classes weather permitting.

Beginning Monday the 18th we will offer the Center on a one person at a time by appointment only basis for our members. You may call 343-0827 to make your appointment on a first come, first serve basis. There will be NO walk in service. No 24/7 service.

Appointment times are at the discretion of management and availability of staff supervision. We will do our best to accommodate those who would like to take advantage of this offer. Details of new safety practices for the center will be given to you when you make your appointment.

If you take advantage of this offer your membership will resume on the date of your first appointment. All others will resume on June 1st. All ongoing memberships will be extended for the 10 weeks we have been closed. We thank all of you who have continued to hold your memberships active throughout this closure period.

Beginning Monday the 25th we will be having office hours ONLY which we will post next week along with further information and instruction on what our opening on June 1st will look like. Having office hours does not mean the gym is open. Office staff will be working to ready the Center for June 1st and be available for your questions and input at 876-4813.

We welcome your input and questions regarding opening. Please call 343-0827 with any concerns you may have. Thank you all so much for your patience and understanding as we navigate the new world we find ourselves in today.