

**Dear Members and Friends of California Family Fitness,**

We, at California Family Fitness, hope that you and your families are safe and healthy. As we all know, the current situation that we face is unprecedented. Therefore, the fitness professionals at Cal Fit have put together some great resources to enable you and your family to have some fun and maintain your fitness at home. Each week while the clubs are closed, we will be communicating with you by email and social media. We will be providing links to prescribed workouts, pre-recorded group fitness classes, as well as, nutritional videos. Below is information for each of these activities:

1. **Workouts with Shane:** Shane Harris is the Director of Fitness for Cal Fit. He will be putting together workouts that you can do at home utilizing common household items. Shane will be putting together three new workouts per week! New workouts will be available on Monday, Wednesday, and Friday, and links will be available on Facebook and Instagram. Here is the first workout for this week: <http://californiafamilyfitness.clubconnect.com/workout/198321%3Fshared%3D1>
2. **Pre-recorded Group Fitness Classes:** You can access a large library of pre-recorded group fitness classes at: - [Click HERE](#). These are exciting classes that offer a variety of formats, and amazing instructors. You will really enjoy these classes, they are awesome!
3. **Nutrition Videos:** Cal Fit has developed a series of nutritional videos to help you eat healthy. These videos teach you the basics of cooking and eating healthy and are very engaging. Here is the first segment: [https://www.youtube.com/watch?v=Vm6r0\\_w7yZg](https://www.youtube.com/watch?v=Vm6r0_w7yZg)

We are anxiously awaiting notice from the Government allowing us to re-open. In the meantime stay safe and enjoy your at-home workouts. Please remember to consult a physician before engaging in any new exercises.



Randy Karr, President