

Dear Members and Friends of California Family Fitness,

We all continue to look forward to the time when life returns to normal. At California Family Fitness that means reopening our clubs. We anxiously await the announcement from state government allowing us to open. When you return to our clubs you can rest assured that every safety detail will have been addressed according to the most up-to-date information available.

In the meantime, we know that you want to continue to be fit. That's why Cal Fit is committed to sharing tools and resources to help you achieve your fitness goals while our facilities are closed. Check out the information below for new information about live group fitness classes, a recap of what we've shared previously, and answers to our most-asked member questions.

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. Know that each week the clubs are closed, we will communicate with you by email and social media to provide links to workouts, live fitness classes, and nutritional videos, including:

NEW CLASSES! We are now offering live classes throughout the week. Look for our daily announcements on social media for times and class information.

Workouts with Shane: Shane Harris, Director of Fitness for Cal Fit, is developing three home workouts each week using common household items. 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: [Workouts With Shane](#)

Pre-recorded Group Fitness Classes: You can access a large library of pre-recorded group fitness classes anytime 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!

Nutrition Videos: Cal Fit has developed a series of nutritional videos to help you eat healthy. These engaging videos teach you the basics of cooking and eating healthy. Here is the first segment: [Nutrition Videos](#)

New Mobile App: Cal Fit has been working with a leading industry mobile app developer and is looking forward to launching an "@home" version to help keep your fitness goals on track. Stay tuned for more information coming soon!

Frequently Asked Questions:

Will you bill my account during the temporary closure of CFF clubs?

Although other clubs are charging their members, Cal Fit is not billing members. All membership dues and all other monthly billings have stopped during this government-mandated closure. No money will be drafted from your account, and all memberships have been placed on freeze at this time.

What do you mean, “freeze?”

A freeze means just what we shared above – no charges to you, no billing, no invoices – nothing: just complimentary remote group fitness and personal training sessions and videos posted on a regular basis.

Will you be charging me a freeze fee?

The typical Freeze Fee of \$15 per month has been waived for all members for the duration of the Governor’s executive order closing all health clubs.

When will California Family Fitness resume operations?

Cal Fit follows all county, state, and federal directives. At this time, Governor Newsom’s Executive Order is not yet rescinded. We are actively planning reopening as soon as permitted by health officials. We are excited to take this time to plan for your return to the club, and are implementing actions that will make your club visit just as fun – and safe – as it ever was for you and your family.

How do I ensure I am getting the most up-to-date information from CFF?

In order to receive communication from us via email, we ask that you follow the link below to our Email Preference Center. There, you can choose the types of emails you want to receive, and/or opt-in to email communications - [Email Preference Center](#).

Have you unsubscribed in the past, but want to receive emails again? Please fill out our Opt-in Request form - [Click Here](#).

Also, please keep an eye on our [Facebook](#) and [Instagram](#) pages for updates, exercises, and live classes you can do at home.

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.

Please continue to visit our website for the most up to date information during this temporary closure. We look forward to seeing you back at the club when we reopen!



Randy Karr, President