

Dear Members and Friends of California Family Fitness,

We all anxiously await the announcement from our state government that allows us to open. In the meantime we know that you want to continue to be healthy so, California Family Fitness has provided you with ways to stay fit during our facility closures. We are excited to announce that we have developed a new app that is now available for IOS and Android users. In addition we have expanded our offering of live group fitness classes.

1st, our new App! We have been able to speed up the development of a new Cal Fit app. In order to better serve you and provide the best member experience possible, during our temporary closure and after we reopen, we are now launching the new Cal Fit app. This new app, in addition to working better than the old app, will offer group fitness scheduling but also custom and general workout routines, location information, fitness challenges, an activity calendar, as well as news and links to social media. Our hope is that this new app will help to enhance your fitness plan. Please look for this icon in the Google Play or App Store

2nd, Cal Fit is now a founding partner of the California Fitness Alliance. The Alliance is comprised of multiple health club operators, vendors, employees, and members across the state of California. The 3 main goals of the Alliance are Relief, Re-Opening, and Recovery. Right now we are asking you to support Cal Fit by joining the Alliance in an effort to get us re-opened safely. For more information on the Alliance please go to <https://californiafitnessalliance.com/>.

3rd, At home gym equipment resource. Cal Fit has teamed up with a gym equipment supplier, Elivate, to provide cost effective home gym equipment for you to use during the time that the clubs are closed. You can order equipment from the Cal Fit page on the Elivate website: [Elivate Website](#)

4th, Home classes and workout instruction. 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 including current updates:

5th, Our ongoing virtual content.

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](#)

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.



Randy Karr, President