

## Dear Members and Friends of California Family Fitness,

Like you, we are watching and waiting for word from state and local governments to open our clubs. At this time with much of our area moving through Phase II we are hopeful to be open soon. We are a founding partner of the California Fitness Alliance, which is made up of health club operators, vendors, employees, and members across the state of California. The goals of the Alliance are relief, re-opening, and recovery of the gym industry, so we ask for your support by [joining the Alliance here](#).

In addition to these efforts, we have been working behind the scenes to ensure a quick return to club operations, with safety measures to protect our members and staff. Some of those will include:

- Plexi-barriers at desks and counters
- Screening members and staff for potential virus symptoms before checking in
- Installation of [Nanoseptic](#) skins on all door handles/surfaces
- Floor markings to remind all to observe social distancing throughout the club and studios
- Staff will wear masks while serving you
- Signage and overhead announcements to remind all to wipe and disinfect equipment before and after use
- Limited locker use
- Increased dedicated staff on the floor to disinfect and wipe surfaces, restock dispensers, and ensure members are wiping down equipment after use
- Spacing and decommissioning of fitness of equipment to create additional space
- Installation of additional hand sanitizer dispensers

In case you missed it, California Family Fitness recently launched a new and improved Cal Fit app! If you haven't already, we encourage you to download it and start exploring all the resources that go beyond class schedules. (Find it by searching Cal Fit in the Apple or Android app store, and look for the Cal Fit logo.) Resources in the new app include guidance for at-home workouts, a calendar for scheduling and tracking your activities, on-demand video workouts, fitness challenges for fun and extra motivation, and access to Cal Fit social media. Plus, enjoy the option to sync our app with others (like Apple Health) to track your progress. Our new app is ready NOW to help you reach and maintain your fitness goals, as well as keep you in tune with club schedules and events once we reopen.

- Don't forget the other resources we are offering to help you stay active while our clubs are closed.
- Personal training and home workouts by Cal Fit fitness professionals. Follow us on Facebook and Instagram for announcements about LIVE classes and workouts you can do at home with common household items.
- On-demand fitness classes by Les Mills. Access a large library of pre-recorded group fitness class videos [here](#).
- Classes several times a week on Facebook Live classes offered with the ability to replay for your convenience.
- Brush up on creating healthy nutrition habits by watching our library of nutrition videos [here](#).
- Missing your favorite pieces of workout equipment? We've teamed up with Elivate to offer a wide selection of gym fitness gear and equipment for your home.

# CALIFORNIA Family Fitness

We will provide additional details about safety measures and your memberships when we are able to announce the reopening of our clubs. Don't forget to download our New California Family Fitness App so you'll have access to class schedules and reservations once our clubs reopen. In the meantime, we hope you will take advantage of the above resources and the gorgeous Sacramento spring sunshine to stay active and healthy.

A handwritten signature in black ink that reads "Randy Karr". The signature is written in a cursive, flowing style.

Randy Karr, President