

**TO: All Residents**  
**FROM: Gail Chase**  
**DATE: April 14, 2020**



**SUBJECT: Fitness Room and Exercise Videos for Viewing**

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Effective Wednesday, April 15<sup>th</sup> the Fitness Center at Sarasota Bay Club will be shut down from 3:30 p.m. to 4:00 p.m. daily to allow housekeeping to perform a disinfecting of the equipment. This is a change from the 1:30 p.m. to 2:00 p.m. slot, not an additional cleaning. As a reminder, we request and strongly advise that before and after use of the equipment you wipe it down with the disinfectant supplied in the Fitness Room. Out of courtesy to the next resident, please return the spray bottles to the designated table. Please close the lid on the wipes to prevent them from drying out.

On Monday, April 20<sup>th</sup>, a variety of yoga and chair exercises will be shown on channel 195 beginning at 10:30 a.m. We will continue to explore options for your physical and mental wellbeing.

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