

## Dear Members,

Dealing with the coronavirus pandemic has been and continues to be very challenging for everyone. I want to assure you that at Personal Best Fitness, your health and safety is our top priority.

Over the past several months we have been working tirelessly on a comprehensive reopening strategy based on guidance from our local, state and federal health agencies.

In accordance with these guidelines, Personal Best Fitness is taking extra precautions to help our members remain healthy. We will do this by: limiting the number of people in the facility at one time; increasing the spacing between equipment; using extensive, deep cleaning protocols; providing conveniently located touch-less hand sanitizing stations and equipment disinfectant spray; and providing online classes.

## About Cleaning Protocols at Personal Best Fitness

We continue to follow stringent sanitation protocols for proper disinfection, and have added additional procedures to achieve a new level of cleanliness.

Upon entering the club, members will be asked to use the touch-less hand sanitizer located at the front desk, be given ( and encouraged to wear) a pair of disposable gloves, a disposable cleaning towel for your equipment and a personal disinfectant spray bottle.

We ask that all members use touch-less hand sanitizer which will be available throughout the facility if they choose not to wear disposable gloves. The hand sanitizer solution kills up to 99.9%of germs and includes 67% ethyl alcohol; which is above and beyond CDC's guidelines of 60%, with added Aloe Vera and essential oils. EPA approved disinfectant wipes will be available throughout the club. They are proven to kill 99.99% of bacteria, while having the safest EPA Toxicity Rating.

## About Changes We Are Implementing

Upon reopening, all members will be required to complete a Health Declaration, stating that they are not experiencing symptoms of COVID-19, and have not been near someone who is currently experiencing COVID-19 Symptoms. Members will be asked to alert club management if they test positive for COVID 19 within 14 days of their last club visit. We will email all potentially exposed members if there is a confirmed COVID- 19 case.

To ensure social distancing, we will limit the capacity of all group classes to 6. We will also limit the number of members using the weight room to 3. All classes will require advanced booking and a 24 hour cancellation notice. The schedule for group classes will be adjusted accordingly.

All group classes are designed to facilitate 6' distance between members. There will be increased spacing between cardio equipment and in the weight room.

In an effort to keep everybody safe, we will no longer provide exercise mats. Instead we encourage all members to purchase a pair of weight training gloves, a resistance band and an exercise mat. Lockers will be available for members to store their equipment.

We will also continue to provide online classes after the re-opening for those members who are not quite ready to return to the club. Please check our schedule for times and days.

As we navigate through our reopening, there may other changes based on government orders and guidelines. We will notify all members of these changes as they occur.

We intend to be with you everyday doing our part, to help you weather this storm so that we all may remain safe in the days ahead. After all, we're in this together.

Mary Schoepe

