

Dear Valued Member,

While concerns about COVID-19 (Coronavirus) continue, we want to communicate regularly on what our company is doing to ensure all our facilities are safe for our members to use. At this difficult time, we can each play a vital role in helping to reduce the impact and look after ourselves and each other.

What we are doing. California Family Fitness has a long-standing practice of disinfecting all club areas with a medical-grade, EPA registered solution throughout the day. In addition, we are taking guidance from [these](#) published Center for Disease Control and Prevention (CDC) Guidelines to increase cleaning frequency hourly, with special attention to highly used items. We will also continue to stock disposable wipes, alcohol-based hand sanitizers, paper towels, and disinfecting spray for use by employees and customers throughout our clubs.

To further protect our members, guests, and employees, **Cal Fit has made the decision to modify hours of operation for the remainder of March.** During modified hours of closure, the Cal Fit team will be hard at work disinfecting all touchable surfaces.

THE FOLLOWING AREAS WILL BE OUR PRIMARY FOCUS:

Front desk and lobby area	Childcare and Kidz Klub
Free weight floor	Body Fit area
Cardio areas and equipment	Rock wall
Courts	Locker rooms and restrooms
Group fitness rooms	Membership and Fitness offices

This disinfecting schedule will follow guidelines recommended by the CDC. Please click [here](#) for modified club hours, by location. At times your preferred club is closed we welcome you to visit another open club, regardless of your membership.

What you can do. We encourage all members to review the following best practices inside and outside the club to keep yourself and others healthy.

- **Stay home when you are sick.**
- Wash your hands frequently with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing or sneezing. (A helpful demonstration can be found [here](#).)
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your cough or sneeze into a tissue, then throw the tissue in the trash.

- Utilize cleaning stations or disinfectant wipes available in workout areas to wipe down machines and equipment before and after use. Please note that paper towels and disinfectant spray are available along with disinfectant wipes.
- Actively strengthen your body's immune system by eating antioxidant-rich fruits and veggies and probiotic-rich fermented foods. A balanced diet, plenty of water, exercise, and a good sleep schedule are your best defenses.
- Physical activity and exercise can help boost immune function, reduce stress, and metabolic health.

What all of us can do. Another important element of maintaining a safe and healthy club environment in the current circumstances is ***managing person-to-person contact to limit the potential exposure to and spread of the virus.*** The CDC recommends avoiding physical contact and maintaining a distance of at least six feet from other people. This “social distancing” is difficult to maintain and regulate within the club environment. At this time, we are continuing our club programs and activities as scheduled--except as otherwise announced--but we encourage our employees, members, and guests to consider the following precautions within Cal Fit clubs:

- Avoid personal contact such as handshakes and hugs in personal greetings.
- Where possible, try to maintain some personal space from others when working out on equipment, participating in classes or other activities, and socializing in the club.
- Wipe down equipment before and after use with wipes or paper towels and disinfectant spray.
- Use towels on fitness and yoga mats, wipe down mats after use.

As the COVID-19 situation continues to evolve, please refer to the [Centers for Disease Control and Prevention](#) for the latest updates. Information specific to California Family Fitness will be emailed and posted below. Please make sure to [click here](#) to update your email preferences so you will not miss out on important email updates.

We thank you for your understanding, adhering to these important guidelines, and working with us to keep our communities healthy and safe.



Randy Karr, President