

**Dear Valued Member,**

Our entire organization is committed to your health and well-being. Along with sharing regular communication and club updates with you via email and our [COVID-19 information page](#), we are aware of the concerns that you are expressing to us by email and social media.

Many of you are practicing social distancing and limiting your contact by staying at home, and we want to encourage and support you in this. Knowing that activity is an important part of strengthening your immune system and reducing stress, California Family Fitness is happy to offer a wide variety of video workouts that you can follow from the comfort of your home.

You can access the videos by [clicking here](#).

Access to these at-home workouts is FREE to our members. There are many formats for all fitness levels. Some require hand-held equipment, but stay tuned for ideas for how to turn household objects into fitness gear!

We understand that limiting the size of group fitness classes is just one of many things you are adapting to as our community faces this unprecedented challenge. We hope that providing a way for you to maintain your fitness at home will be helpful during this time of uncertainty.



Randy Karr, President