

Dear Valued Member,

Thank you for all that you are already doing to contribute to the health and wellness of the California Family Fitness community, as well as the greater communities that we live, work, and play in. Our entire organization is committed to your health and well-being. As such, we are staying up-to-date on federal, state, and local public health mandates.

In order to better practice social responsibility and the recommendations for social distancing, **we are postponing all group fitness classes.** This will go into effect as of close of business on March 16th, and continue until the end of the month.

As mentioned previously, we are happy to offer a wide variety of video workout that you can follow from the comfort of your home.

Click [HERE](#) to access the at-home workout library.

Access to these at-home workouts is FREE to our members. There are many formats for all fitness levels. 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