

**Dear Valued Member,**

Like many of you, we are looking forward to the return of group fitness classes to California Family Fitness! It's our pleasure to announce that classes will resume at 15 Cal Fit locations on Monday, June 29th. In order to follow state and local public health guidelines and directives to prevent the spread of COVID-19, we have had to make some necessary changes to our group fitness program. At Cal Fit, the safety and health of our members and staff are our highest priorities. We appreciate the support and flexibility of all our members as we adjust to doing things a little differently in order to protect one another.

**HERE'S WHAT YOU CAN EXPECT WHEN YOU RETURN TO GROUP FITNESS CLASSES**

**Class sizes and social distancing**

In order to maintain appropriate social distancing, class capacity in all studios will be at 50% or lower of room capacity. Studios have been measured out and floors marked for your convenience, so that you maintain social distancing during class. Instructors will be able to give you further guidance.

**Class schedules**

Group fitness class schedules are in the process of being updated, and will be posted online and on this Cal Fit app by Friday evening, June 26th. Please check schedules regularly for updates and changes. Aqua classes will resume with reduced class sizes as soon as we are able to schedule lifeguard certification with our aqua instructors.

**Reservations and Check-In**

With classes sizes reduced, it is more important than ever to reserve your place in class.

**RESERVATIONS ARE NOW REQUIRED FOR ALL CLASSES**

**CFF Check-in App**

Please use this Cal Fit app to reserve your place in class.

Morning classes (any that begin before or at noon) will be open for reservations at 5AM on the day of class. Afternoon/Evening classes will be open for reservation at 1PM on the day of class. Please plan to check-in on the Cal Fit app within 10 minutes of the class start time. In-club kiosks will be temporarily unavailable. Any open spots in the room will be given to the next person on the wait list.

**Masks**

In accordance with recent state mandates regarding public mask use, masks must be worn as you enter and exit the club, move between different areas of the club, and while waiting outside of the group fitness room for your class to begin. Once you are in the studio, you may remove your mask when you begin class, since there will be room for social distancing.

**Etiquette**

You are required to disinfect any equipment you use in the studio before and after use. If you feel sick, have a fever, difficulty breathing, OR if in the last two weeks you have been in contact with a person suspected or confirmed to have COVID-19, please stay home.

**VIRTUAL CLASSES**

**Cal Fit Virtual Classes Icon**

For those who feel safer participating in group fitness classes virtually at this time, we will continue to provide you live, at-home fitness on-demand solutions here. If you have been enjoying group fitness classes via Zoom or Facebook, these will continue for the time being. Make sure to follow us on social media or our Cal Fit App for announcements on upcoming classes with Cal Fit instructors that you can do at home.

Our goal is to provide you a fitness home and haven, where you can work towards a healthy, happy, and balanced life. We can't wait to see you in our classes again and look forward to once again providing you the resources to live a healthier life.