

Dear Valued Member,

California Family Fitness is striving to adapt and change to meet the needs of our members during the most recent round of closures in our community. While indoor fitness facilities are not permitted to be open, we are quickly putting together plans for other ways we can keep you moving!

Outdoor Fitness: Punch Cards Now Available!

Today we're thrilled to introduce **outdoor fitness options for our members which will begin this Friday, July 17th at select locations.** You'll find all of the equipment you need for a great workout in our outdoor spaces. Exercise stations will be spaced 6 feet apart. Face masks are not required when exercising outdoors with appropriate social distancing.

Available at Select Cal Fit locations

- Elk Grove – 8569 Bond Road
- Folsom – 700 Oak Avenue Parkway
- Natomas – 3880 Innovator Drive
- Orangevale – 8680 Greenback Lane
- Rocklin – 2165 Sunset Blvd.

Outdoor Fitness Hours of Operation

- Monday – Thursday: 7:00AM – 6:00PM
- Friday: 7:00AM – 4:00PM
- Saturday: 7:00AM – 1:00PM
- Sunday: Closed

Punch cards provide access to the following

(and can be used at all available locations):

- Free Weights
- Functional Equipment
- Selectorized Equipment
- Outdoor Group Fitness classes (by reservation)
- Family swim (by reservation)
- Lap swimming (by reservation)

Punch Card Details

- (1) punch per person, per visit for Cal Fit members.
- (2) punches per person, per visit for non-members.
- Single drop-in fees available on-site.
- Free weights, functional equipment and selectorized equipment vary by location.
- Reserve your spot in Group Fitness classes on the Cal Fit app
- Pool reservations (for family swim and lap swimming) will begin on Thursday, July 16, 2020. Please call (916) 560-4625.
- Note that these punch cards are separate from Cal Fit memberships, which have been frozen until further notice.
- Please bring your receipt to any of the clubs listed above receive your punch card.

OUTDOOR FITNESS PUNCH CARD

10 WORKOUTS FOR \$52.99 [PURCHASE PUNCH CARD](#)

We look forward to building muscle in the sunshine and getting Vitamin D with you outdoors!



Randy Karr, President/CEO