

## **The Community Fit COVID - 19 Protocol March 18, 2020 – April 6, 2020**

---

### **In Person Class Option:**

Group Fitness Classes will be limited to 5 people at a time

Classes will be 30 minutes in length

Classes are by reservation ONLY

### **RSVP Options:**

- [www.thecommunityfit.com](http://www.thecommunityfit.com)
  - a. For First Timers – Select **Join**, then **Drop in Free Trial**
  - b. For Repeat Community Fitsters
    - **Schedule**
    - **Select Class**
    - **Select Drop in Option\***
      - **Visitor Drop in** (if you've already had your free week but don't want to commit to a monthly membership yet)
      - **Visitor/Member Drop in** (if you're a member or have previously set up an account with us)
      - Sign up and we will see you soon!
- Or email us at [info@communityfit.com](mailto:info@communityfit.com) to request a spot in one of our classes

### **Important Details:**

No-shows or late cancellations will be charged a \$10 (plus tax) penalty

Reservations may be made up to 1 week, in advance, and canceled up to 2 hours before class begins

Priority to current members

If class is full, please email us at [info@thecommunityfit.com](mailto:info@thecommunityfit.com) and we will begin contacting wait-listers 2 hours before the scheduled class

Do NOT come to class if you aren't feeling well or have been in contact with someone who hasn't been well. Specifically, with symptoms of **fever, cough, and sore throat**.

We will limit contact and avoid sharing of equipment

One week free for first timers

Daily workouts will continue to be posted on our website

Class times are as follows\*:

4:30 am - 5:00 am	11:00 am – 11:30am
5:00 am – 5:30 am	11:30 am – 12 pm
5:30 am – 6:00 am	12:00 – 12:30 pm
6:00 am – 6:30 am	4:30 pm – 5:00 pm
6:30 am – 7:00 am	5:30 pm – 6:00 pm
7:00 am – 7:30 am	
7:30 am – 8:00 am	
8:00 am – 8:30 am	
8:30 am – 9:00 am	
9:00 am – 9:30 am	

\*Class times subject to change based on need or escalation in COVID – 19 precautions

### **Virtual/Live Workouts:**

Live workouts will be streamed via FB and Instagram at 8:00 am and 12:00 pm

Workouts will be available on our FB page and IGTV

Workouts will be posted on our YouTube channel before noon

Streamed workouts are FREE

Workouts will include modifications, at home versions, and options for your kids, as soon as we are able!

### **Equipment Rental:**

Limited equipment is available to rent for the duration of our COVID-19 protocol

Equipment must be returned in good condition within 24 hours of resuming normal business operations

Available for current members only, first come, first serve, and limited to 3 items at a time. For example: 2 dumbbells and 1 Abmat or 1 KB, 1 Abmat, and 1 resistance band

Equipment available-

- Dumbbells
- Kettlebells
- Abmats
- Resistance Bands

Equipment rental \$25/month with \$100 refundable deposit

If you would like to rent equipment please contact [lizz@thecommunityfit.com](mailto:lizz@thecommunityfit.com)