



March 15, 2020 UPDATES:

KINGSTON FITNESS UPDATE:

We are all dealing with the incredible concerns of COVID-19 and hearts go out to all who have been impacted.

Kingston Fitness is diligently listening to our local health officials as we prioritize the health of our community, staff and members.

We remain guided in decisions by facts and information from the health community, as well as our own values. None of the decisions or options is better than the other or perfect but we are trying to strike a balance for all.

We have chosen at this time, to give you the option to use our facility as a healthy resource and decide for yourself what is best for you and your family.

We hope you are already aware of the added precautions we are taking and the assistance we are asking from you regarding cleanliness and sanitizing. Those efforts are continued daily and consistently. Please check the notice posted for full details. We have the notice posted throughout our gym as well.

I want to thank each and everyone of the many members and employees that have reached out to offer feedback, support and continued patronage.

At this time, the response from our membership has been to keep Kingston Fitness open. While our traffic is lower, group classes and services are still mostly busy. We encourage anyone feeling sick to please stay home and self-isolate as deemed necessary.

Next week our group exercise classes, will be held as normal, however, please check back frequently or call the front desk for any updates as we progress through this. The number of participants in those classes is well below what the Health Department is recommending and therefore we feel we can safely continue. While we are continuing to maintain normal hours, and will be prepared to change as necessary.

Finally, to our incredible Team, I thank you personally for your great communication and support during this time and I am confident our members feel the same. We will adapt, come together and be stronger than ever.

Sending good vibes, great health and as always, will continue to update as we move forward.

Best Health,

Sarah McGuire

Kingston Fitness Manager