

Re-Opening Preparations

We anticipate that in the next couple of weeks we will begin to see some of our locations providing access to our members once again on a regular basis. Therefore, it's now time for all of us to prepare for what our "new normal" will look like in the gym for the following weeks after we re-open as things in our world continue to "improve".

Regardless of the opening date of each location, I have decided that we will only be billing the freeze for everyone through May. In the event we re-open a location prior to the end of May, any access provided will not be charged. Please remember that May is one of the 3 months per year the additional \$7 is charged for the equipment purchase program. If you are interested in hearing what we have added to your home location, let me know.

MAINE - York location

Currently Governor Mills has our industry slated to re-open June 1st, however, she did make some concessions to usage with trainers on a one on one basis beginning this week. This means any member working with a trainer may access the facility with that trainer to workout. In the event other locations in NH or Massachusetts are activated prior to York, members wishing to use those locations must contact us for re-activation on a member by member basis, otherwise all those who chose York as a "home" location will remain on freeze status.

If you would like to schedule a "private" use of the gym, there is a \$20 charge to allow for an attendant to meet you there and be present while you use the facility. 100% of this fee goes directly to the attendant. Once we re-open under normal circumstances, keys at the York location will then be activated.

MASSACHUSETTS – Newburyport location

Governor Baker is expected to provide more information on his 4 phased approach to re-opening the Commonwealth on Monday May 18th. It is likely we will not be part of the first phase so the chances are strong that it will still be at least a couple weeks before we can re-open the Newburyport location. In the event other locations in NH or Maine are activated prior to Newburyport, members wishing to use those locations must contact us for re-activation on a member by member basis, otherwise all those who chose Newburyport as a "home" location will remain on freeze status.

If you would like to schedule a "private" use of the gym, there is a \$20 charge to allow for an attendant to meet you there and be present while you use the facility. 100% of this fee goes directly to the attendant. Once we re-open under normal circumstances, keys at the Newburyport location will then be activated.

NEW HAMPSHIRE – N. Hampton, Portsmouth, Dover locations

Governor Sununu **did not** announce a date today as hoped when New Hampshire gyms may re-open under the guidelines unanimously voted on and recommended last week by the Task Force to Re-Open the NH Economy. I was pleased to be able to participate with the work group for these guidelines and have applied them to our own facilities when the time comes we are allowed to open. I believe they are fair and well-intended and I look forward to welcoming you back to these locations as soon as possible. Although I am

disappointed we did not receive definitive information today... **WE ARE READY and our hope is that we will be back in action June 1st or sooner.**

In the meantime, if you would like to schedule a “private” use of the gym, there is a \$20 charge to allow for an attendant to meet you there and be present while you use the facility. 100% of this fee goes directly to the attendant. Once we re-open under normal circumstances, keys at the New Hampshire locations will then be activated.

Now that we know roughly **WHEN** you may return (as of today), I need to turn the conversation to **HOW** you will return when the time comes.

I believe there are two fundamental tasks we must achieve for our members as a business, as well as you all need to accomplish with one another as members:

We must maintain a perception of safety on behalf of all of those using our facilities.

What this means is that we all need to do what it takes to make each other feel comfortable in the gym. This is something we try and accomplish on a regular basis through general “gym etiquette” philosophies, however, over the next few weeks we all need to all step it up for one another and add a few more items to that list. The guidelines offered here will provide some direction on that front so please pay close attention to what is being asked of you and we will do our part to provide the healthiest environment we can.

We must assure safety, to the best of our abilities, within our facilities at all times.

This involves the follow through. Simply promoting these new temporary guidelines is not enough...it requires follow through by us and every member on site at any given time. The guidelines provided are a combination of State requirements and our own policies to ensure that not only are members going to be provided the best possible opportunities to work out in a safe, healthy environment, but to allow us to remain open and not have to all experience the frustrations of closure like the past couple of months.

If I were to throw in a personal request, I would also ask for Patience. We have all been quite rattled these past weeks and it certainly is understandable if some are still a bit on edge and maybe short tempered. I have had a couple of my own “breakdowns” during all of this. But the fact remains that we are seeing a light at the end of this long dark tunnel and although we are still a ways off from clearing this mountain on top of us, it is on the way, and we can’t take any chances on slipping back into the void. So please respect the needs of others, give each other the space we need (and is actually required) and take it one workout at a time. Get in, get it done and get out. Not every person shares your beliefs, and they never will, so agree to disagree and move on. We have very flexible hours so if you feel uncomfortable with others in the gym, find another time to come in...we don’t close (apparently not unless the State tells us to!)

So here are some of the changes you will see when you re-enter and keep in mind many of them are temporarily, however, it might be a good idea to adopt some of these things that are just good common sense to your routines in the future.

- Members are being asked to maintain good social distancing whenever and wherever possible. To that end we have separated the busiest equipment sections to provide for proper distancing

between members when using equipment. In the cardio sections, we have marked off equipment that is not to be used to provide for this distancing for the time being.

- Showers and water fountains have been restricted by State Guidelines. The intent is for member to “wear-in, wear-out” and not spend any unnecessary time in the gym. So bring your own water bottles...you can fill them at a locker room sink if you like.
- We are temporarily removing all floor fans to reduce direct airflow over another person while they exercise.
- Many of you who are friendly in the gym have likely not seen one another for some time. We ask that you restrict your lengthy social conversations to outside the facilities before or after your workout so as not to spend any more time in the gym than necessary.
- Although we will have disinfectant sprays and wipes available, as we usually do, you might want to consider bringing your own disinfectant wipes to your workout to keep you from having to run back and forth to our stations.

In addition, the following Guidelines will be posted at each location and will be strictly enforced. **Any member found not abiding by these guidelines will be asked not to return until they can be met:**

- **If you are SICK or FEELING ILL- DO NOT ENTER UNDER ANY CIRCUMSTANCE**
- **Wear a mask if at all possible while exercising. This is not mandated, as some people have difficulty with oxygen intake while exercising, but is highly recommended.**
- **Make every attempt to exercise 6 feet or greater from another member not of your household.**
- **Wipe down equipment BEFORE and AFTER each use.**
- **DO NOT leave a station or equipment un-attended. (Use it, clean it, put it away and move on – no super sets)**
- **ABSOLUTELY NO GUESTS ALLOWED – MEMBERS ONLY**

I can't say enough about how supportive so many of you have been through all of this and it pains me that you all have had to put your workouts on hold. I can't honestly think of another way to relieve the stresses of everyday life like a good visit to the gym. I look forward to welcoming you back, but please do it at your pace...dip your toes in slowly, come in at “odd-ball” hours, feel it out and take the time you need to reacquaint yourself. We're not going anywhere and rest assured, we will be ready for you when the time is right. If you would like to know our usage numbers for any given location at any given time to help you decide when to go in, just let me know and I will provide whatever information I can that will help you make that decision.

So thank you again and we look forward to Welcoming You Back Soon!

Craig