



FITSTOP FORUM

May
2020

215 W. Manlius St. East Syracuse NY 13057 Phone: 315-214-5466 or 315-415-4043 E-mail: kathysfitstop@aol.com



Dear FitStop Friends. I am hoping this newsletter still finds you doing well during our temporary new way of life. We are still doing the live Zoom Classes Monday through Friday at 4:30 and I am also still doing Personal Training on Zoom. You can see details below if you need more information about either of those just in case you haven't tried them yet and are now interested. I understand that so far, gyms are in "Phase 1" of the Economic Reopen Plan. For now, however, we will just keep doing what we're currently doing, since we don't know yet when that day will actually be. But, rest assured, that day will come and we will follow all the all the necessary precautions and follow all the guidelines we need to stay safe and well!

May Birthdays:

- 05/06 Ronnie S.
- 05/08 Karen F.
- 05/10 Derrick T.
- 05/09 Franco R.
- 05/16 Ron K.
- 05/24 Lee M.
- 05/26 Eileen C.
- 05/26 Jinnette G.
- 05/28 David S.

****REFER-A-FRIEND****

Any current member who refers a friend who signs up for a 12-month Basic or Select membership will receive a \$50 Visa gift card for the referral! Invite your friends!

When We Finally Do Re-Open:

First, I would like to assure everyone that I do plan to adjust the amount of your membership renewals once we are back to the gym. There are a couple of options from which you can choose. When your membership becomes due, either I can deduct from your renewal amount, money for the time that we were closed, (the amount of your discount depends on how long we will actually be closed), or the other option is that you can choose to use your discount towards a personal training session or two instead of the membership discount.

That may be something that you would like to consider to help get you back in the groove with your workouts again. Either way, it's your choice as to what you would like to do. Meanwhile, since we are closed, I am actually going to the gym regularly to work on some new, safe yet very effective ways to change up and totally challenge your strength training routines with techniques that really work and feel great. I am very excited to share this information with all of you that train with me!

Zoom, Zoom, Zoom! : It has been wonderful to see those of you who have been faithfully attending our live classes! Just a reminder if you have not tried them yet, I am doing these 4.30 classes with minimal equipment so that everyone can participate. Please feel free to modify the workouts to suit your own fitness level. Here is the schedule again just in case you need it:

- Mon: 20/20/20 (1 hour)**
- Tues: Zumba (45 min.)**
- Wed: Cardio/Flex Fusion (45 min.)**
- Thurs: 20/20/20 (1hour)**
- Fri: Flex Fusion (45 min.)**

Once again, here are the instructions if you have not yet but would still like to try to join us live on Zoom. First, you need to install **Zoom** to your mobile device. Then click on this link - <https://us04web.zoom.us/j/7925980390> or just type in the numbers. Then put in the password "**fitstop**". Click on Zoom to **Join a meeting**, then **turn on your audio**

and **start video**. That's it! I am also still recording most of the classes so that I can send them to you in case you missed the class or aren't able to come at 4:30 or in case you would like to do it again over the weekend on your own at your own convenience. I send a weeks' worth of them out at the end of the week, usually on Friday evenings, so you will have a bunch to choose from.

Let's talk about our FitStop Summer Boot Camp!:

As for our Summer Boot Camp that is scheduled to begin on Monday June 1st and go until Friday June 26th; I will have to confirm with you all when I know for sure about when we can reopen and what the specific protocols will be when we are all back at the gym again. I am attaching along with this newsletter, the flier for our Summer Boot Camp, where you can read all the details. If you were in our previous Boot Camp (the 20/20/20), and you are planning to also be in this Summer Boot Camp, I will be compensating you for the lost last 7 Sessions, of the 20/20/20. So, please see me about that. In the meantime, please let me know a.s.a.p. if you are interested and if you plan to attend.

Something to Think About:

"Nothing ever goes away until it teaches us what we need to know."

___Pema Chodron

"And once the storm is over, you won't remember how you made it through. You won't even be sure in fact, whether it's over. But, this is for sure, when you come out, you won't be the same person who walked in."

___Haruki Murakami

ANY NEWSLETTER IDEAS? Let me know if you have an idea to share with our members or if you would like to promote something that our members may be interested in. **ANY WEBSITE UPDATES?** If you would like to add or update your own personal FitStop fitness testimonial at Kathysfitstop.com, please email your story to me at kathysfitstop@aol.com.