



# FITSTOP FORUM

July  
2020

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

Hi FitStop Friends! Well it looks like we will be waiting a bit longer to reopen than we originally thought. I will let you know when we are able to get back to the club again as soon as I know! In the meanwhile, and for the foreseeable future, we are still Zooming with the classes, (check out the summer schedule below); and still Zooming with the personal training. I also would like you all to know how appreciative I am for all your encouragement and continued support in so many ways! Hey, for anyone who is interested, we will plan to walk on the East Syracuse Elementary track every Saturday morning about 8:00a.m. It's a great way to connect while we safely social distance. Don't forget your mask!! See you soon!



### July Birthdays:

- 07/01 Gina C.
- 07/03 Ellen S.
- 07/05 Mary M.
- 07/07 Bob M.
- 07/07 Lexy M.
- 07/12 Danielle S.
- 07/12 Diane M.
- 07/15 Christine V.
- 07/21 Gary C.
- 07/21 Debbie A.
- 07/21 Kristi K.
- 07/22 Gail O.
- 07/28 Susie W.
- 07/30 Anita D.

### \*\*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!

### Welcome New Member!:

We would like to give a great big welcome new member, (coming soon), Rick D. We will be so happy to have you here with us when we return!

**Still Zooming!** : For the time being, we are going to still be doing Zoom for our FitStop classes. Here is the Zoom schedule for the summer:

**Mon: 4:30 20/20/20 (1 hour)**

**Tues: 4:30 Zumba (45 min.)**

**Wed: 4:30 CXT/Flex Fusion (45 min.)**

**Thurs: 4:30 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**. It's simple! Also, remember that I will still be recording many of the classes to send out to you at the end of the week so you can try them out or do them again at your convenience!

### What it will look like at the FitStop:

When we do return to the gym, there will be, of course, some changes for a while. Before we reopen, I will forward to you in an attachment all the plans for our compliance at the FitStop; but, for now, I thought I would give you a little overview of what it will basically be like when we return. First of all, you will need to call and schedule with me when you are planning to come in to work out since I will need to be here while you are here so that I can make sure things are clean. I am also asking that you all wipe down the machines and equipment after using them. Feel free to wipe down before using them as well! That not only goes for my personal training clients, but for all members as well. Also, please remember to bring your key tag to swipe, so we will have an official record of everyone who enters the club! For now,

the door will only be able to be opened by me from the inside. You will only enter from the back door. You will exit from either the front or side door. There will be signage on the back door with questions that you will need to answer along with allowing me to do a quick, non-touch temperature check on you before entering. I am going to request that everyone wear a mask and if you choose, wear gloves and maintain a social distance of 6 ft. from others. Please be sure to wear clean, indoor only workout shoes. Bring your own water bottle and towel. If you need to refill your water bottle at the fountain, you may. I just don't want anyone to drink from the water fountain for now. We will also not be using our showers here for a while, so plan ahead. If you wish to bring your own mat, you are welcome to do so. We will also have lots of hand sanitizer throughout the club that you are encouraged to use. I also have a large "Sandwich" board set up on the main floor with "reminder bullets" that will be very helpful. These are some of the main points, but as I mentioned, I will send everything to you when it is time. Finally, as we return, since so many of you have different types of memberships, I would like each of you to be in touch with me so we can figure out your specific member situation as we move forward! And we will move forward!!

### Something to Think About:

"The desire for a more positive experience is itself a negative experience and paradoxically, the acceptance of one's negative experience is itself a positive experience."

\_\_\_\_Mark Manson

**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](http://Kathysfitstop.com), please email your story to me at [kathysfitstop@aol.com](mailto:kathysfitstop@aol.com).