



# FITSTOP FORUM

September  
2020

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Hi Everyone! In case you haven't heard, we passed our inspection and we have finally re-opened! YAY!! I sent you our "Compliance Plan as we Reopen" about a week ago, and I am sending it again with this newsletter so you will be sure to read and understand the new temporary changes that we all need to follow for now to keep everyone safe as we get back to our fitness regimen at the gym. I am planning to slowly phase in some of the in person classes this month and we will see how that goes as far as how we will phase in more classes next month. **Please** read below the tentative plans for the classes and **please** contact me by email or call me to let me know if you are planning to attend these classes. Welcome back all!!



## September Birthdays:

09/03 Marypat G.  
09/07 Karen B.  
09/15 Francesco R.  
09/16 Stan K.  
09/22 Joan S.  
09/28 Debbie 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!

## Get Well Wishes!

We are all sending out **Great Big** heal quickly wishes to our good friend and Fitstop member Laurie V! We all hope you have a very speedy recovery and hope to see you back in action soon!

## What Stays the Same:

For September, I plan on continuing with our 4:30 Zoom classes just as we have been doing all summer; see schedule below:

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

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

**Wed: Cardio/Flex Fusion (45 min.)**

**Thurs: Flex Fusion (45 min.)**

Here again are the instructions if you want to zoom with us. **First**, 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**. I am still 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!

**Remember**, if you are going to access the recorded classes, be careful to enter the password that is specific to the class you want to access. It is located at the end of the link for each class. I find it easier to copy and paste in the password rather than to type it in as it can be very detailed.

**Also**, while we still have the good weather on our side, we can plan to continue to do our Saturday morning walks at the East Syracuse-Minoa elementary school track on James Street in East Syracuse, at about 8:00a.m. It's great to be outside to do cardio whenever we can! If it's raining, we can always meet at the gym for an indoor workout; (not a class!).

## What's New with our Club, Hours & Classes:

Please remember that, for the time being, you will need to be sure to email, call or text me to schedule whenever you plan to come in to the club to work out. We will need to do this for now due to the limited hours available and because I have to be there to screen everyone before entering. For that reason, the door lock system has to stay temporarily disabled. For the most part, I will be at the club from 6:30a.m.

until about 1:00p.m and back again at about 3:30 until 6:30ish Monday through Friday. (Not Friday evenings until October). Saturday mornings will be also a possibility if I am available to be there. **Now, about the classes: We will begin to add some non cardio type classes.** Monday **September 21<sup>st</sup>**, I am planning to add back a ½ hour version of our **Senior Sweat Class** into the schedule on Monday and Wednesday mornings at 10:00 – 10:30a.m. This class will be a **Flex Fusion only** type of class so that you can get use to exercising with your masks on. Next, beginning the week of **September 28<sup>th</sup>**, I am planning to bring back 2 more classes; the Tuesday 11:30 **Body Blast** and the Wednesday 11:30 **Flex Fusion** Classes. If you have been a participant of any of these classes, I am asking that you **please contact me to let me know whether or not you plan on coming in for these classes this month.** Going forward, that will help me to determine how I will continue to add back more of our classes for next month. Thanks for helping me to take this slowly and safely while we work to get back to our fitness lives! Stay well!!

## Something to Think About:

"It is the secret of the world that all things subsist and do not die, but only retire a little from sight and afterwards, return again."

\_\_\_\_\_Ralph Waldo Emerson

"There's nothing like returning to a place that remains unchanged to find the ways in which you have altered."

\_\_\_\_\_Nelson Mandela

**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](mailto:kathysfitstop@aol.com)**.