

Last Updated: October 14th 2020

Welcome Back Anderson!

It is our privilege to have you as a loyal LivRite member. We are following the government orders and guidelines. We know that you need to exercise for your physical, mental and spiritual well-being. Opening as the Governor allowed is best for our member's needs. We felt opening on a limited hours basis would help us get re-started with a greater presence of staff and leaders to help you. We will move to increased hours based on comfort and feedback of members. If you are sick, showing symptoms, or have been in contact with someone that is sick, we ask that you return 14 days after your symptoms are gone or 14 days after being exposed to someone with COVID-19. Your safety and your well-being are our priority.

Updated Club Hours:

Monday-Friday: 5:00AM – 9:00PM

Saturday: 7:00AM- 8:00PM

Sunday: Closed

LivRite Fitness Staff Requirements:

- Staff will wear masks for the safety of each other and our members per the mask mandate ordered by the Governor.
- Staff will practice social distancing with other staff and members

LivRite Fitness Expectations of Members:

- Please stay home if you feel ill or have recently been in contact with someone who is sick
- Wear a face covering as you walk throughout the club
- Maintain social distance of 6 feet apart. We have placed signage throughout the club as a reminder.
- Clean high touch items and equipment before and after use
- Keep one machine empty between members
- Bring your own water bottle, as our water fountains will be off for your safety
- Show respect and consideration to staff and other members

Cleaning Protocols:

LivRite will continue to implement a detailed cleaning protocol for disinfection. We have raised the standards for our cleanliness.

- Nightly deep sanitation of the facility after close
- Increased hand sanitizing stations in convenient locations
- Disinfectant spray and paper towels readily available to clean machines and equipment
- Members responsible for cleaning the equipment and machines prior to use and after use

- Staff will follow scheduled disinfection of high touch surfaces

LivRite Fitness Facility Safety Measure by Club Area:

Each LivRite location has unique features. As we all move through the process to normal operations there will most likely be new things implemented. Amenities and programming will vary to best serve our members. We will maintain a high safety level consistent with government guidance and orders. Thank you for your understanding.

Group Fitness Classes

In order to maintain social distancing, we will be limiting our group fitness class sizes.

Members will need to download the LivRite Fitness app. Through the app you will be able to reserve your space for select classes. You must sign up prior to class using the app.

Since our class sizes will be limited, if you sign up for a class and do not plan on coming, we request you cancel 24 hours prior to the class. If you cancel under 24 hours you will be charged a \$20 late cancellation fee. There will be no fee for any class cancelled over 24 hours.

Additional cleaning protocols and social distancing efforts have been put into place for our Group Fitness programming and spaces:

- Classes will be scheduled 15-30 minutes apart to allow for equipment cleaning and social distancing
- Social distancing spaces will be marked on the floor

KidRite

We have decided to delay the opening of KidRite. We are looking at all options to safely re-open KidRite. The safety of the children and KidRite attendants is our primary concern. As you know, it may be difficult to ensure social distancing of the children. Your feedback will help us.

Exercise Rooms

- LivRite will have capacity limitations for each exercise room
- Equipment will be spaced or marked for social distancing
- Cleaning stations to encourage and ensure that you disinfect equipment before and after use
- Together we will ensure that you are 6' apart socially distanced and using disinfected equipment

Locker Rooms

Locker rooms will be a priority for our cleaning efforts.

- To practice social distancing, lockers will be marked unavailable and spaced out.
- Every other shower will be available
- Based on governmental orders and guidelines, signs will be posted showing restrictions for the whirlpools, steam rooms and saunas
- Saunas are available and marked off 6' apart
- Inhalation rooms are closed until further notice

- Steam rooms are closed until further notice
- Frequent sanitization of shared surfaces using virus-killing disinfectants

Aquatics

We welcome you back into our swimming pools.

- Pool capacity will be reduced to ensure social distancing
- Whirlpool is open
- Family Swim times will be Tuesday, Thursday, Friday from 7pm- 7:45pm and Saturday 3pm-6:45pm
- We will not be having separate Men and Women hours during this time
- Please continue to practice a distance of 6' when in the pool, whirlpool and pool area
- Swim team, lessons and other programming will be added consistent with governmental orders and guidelines
- Regular sanitization of all high-touch surfaces with virus-killing disinfectant

Personal Training

Personal Trainers will be available. The trainer and member will be required to maintain proper 6' social distancing. Training outside when weather permits is possible.

Billing Questions:

If you have any specific billing questions, please email MemberServices@LivRiteFitness.com

Be a community blessing! Protect yourself and others:

First and foremost, keep your immune system strong, your body fit, your mind focused and Spirit in peace. This helps our friends, families, and communities. We need each other more than ever.

Please be considerate and aware that there are those who are more vulnerable with age or pre-existing conditions. By following the protective measures we not only protect ourselves, but those who are vulnerable.

Here is a resource from the CDC on protecting yourself and others from COVID-19:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

During this trying time, we believe it's important to stay mentally healthy as well as physically, here are a few ideas for you:

- Have a thankful heart and reflect on all your blessings.
- Ask for prayer or help if you have an issue that seems insurmountable.
- Encourage someone every day.
- Reduce stress
 - 20 minutes of exercise
 - Practice good nutrition
 - Sleep at least 7-8 hours for body to recover
 - Spend time outdoors

Thank you for your support and understanding. We have always been a company that has valued and strived to help you live a healthier life. It's our core and in our heart. Thank you for choosing to LivRite.

John 14:27 "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."