



Dear Member,

I hope that you and your family are safe and staying healthy.

As you already know, in accordance with the NJ mandate, our fitness center was closed as of Monday evening March 16th and will remain so until further notice. All memberships have been automatically placed on freeze and you will be able to use any membership time for which you already paid. Eastpointe Integrated Health Care, which includes our Chiropractic and Physical Therapy services, currently remains open on a limited schedule. (Please refer to the hours in the section below).

As always, our member's health and fitness is our primary concern. I know that this is a very unsettling time and realize that fitness routines are very helpful to increase our immunity, relieve our stress and add to our mental state of well-being. You can trust that I am staying on top of the guidelines and that as soon as we are able to reopen, even if on a limited basis, we will do so. In the meantime, some good things to look forward to!

- We are working in the facility to be ready for our re-opening with ***a new group fitness room floor***. We have taken this opportunity to complete the repairs to the foundation under the floor that was causing the bubbling. This will be completed by the end of the week.
- We will be launching our next challenge ***"The Memorial Day Melt-Away"*** as soon as possible after the re-opening. Information on the program is included in this newsletter but we will be announcing the dates as soon as we can and extending the end date and/or prorating the pricing based on participation. We have all endured quite a bit of an adjustment to our lifestyles while we have been home. This challenge will be a great way to get you back on track and give you the support you need to get there!
- We are rescheduling the dates for any ***workshops*** that were impacted by the closure: ***Tai Chi Level 1 and 2*** as well as ***Cardio Yoga***.
- Our training team has also posted some ***great workouts*** that do not require any equipment and we will continue to do this as we are able.

Please take the time to read through the details of our upcoming events in the newsletter and stay updated on our status via the [website](#) and [Facebook page](#).

Thank you and I look forward to getting everyone the support they need to get back on track after this closure.

Thank you and stay healthy & safe!

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