



Dear Members,

Based on the Governor's official mandate, Cross Gates Family Fitness will be closing tonight March 16th, at 10pm in response to COVID-19 and re-open Monday April 13th at 5am.

We are working around the clock to provide our members and staff alternatives to maintain a healthy lifestyle during this trying situation.

What about my Membership?

We will credit your member account for the time that we are closed. Our management team is working around the clock to provide value so that you can 1) stay active and 2) Avoid freezing or cancelling your membership. This includes creating a weekly schedule of classes with our instructors available online and live streaming of classes.

Why should I not freeze my Membership?

There is no need to freeze your membership as we will automatically credit your account for the time we are closed. We are a small business, a local business, and we are committed to doing what's right for you as well as our employees. If you want to support the continued health of our business and our employees, one way to do that is to maintain your membership.

As regular exercisers, you understand the value of staying active. We are excited about the opportunity to roll out virtual classes and virtual training with our staff so that you can continue your workout!

Ways To Workout With Us:

- Our group exercise instructors will be doing [Facebook Live Classes](#) with no equipment that you can join them and do from home. We will be posting an official schedule on social media Wednesday with these classes starting on Thursday.
- Our fitness team will be giving you at home [Instagram workouts](#) that you can scroll through and complete on your own time frame.
- We are also providing all of our members with [Virtual Les Mills](#) options that can be done anytime! Body Attack, Body Combat, CXWorx and even some classes that aren't available at CG.

We are making every effort to respond to many questions and requests as soon as we can. [Our Website](#) is the best way to contact us for questions. You can continue to check the home page of our website under updates and follow us on social media.

We will continue to monitor the situation and follow the recommendations of city, state and federal health authorities, with the hope of reopening as soon as possible.

We just want to take a final moment to extend our sincerest feelings of gratitude for our members and staff during these uncertain times. Thank you for your support and understanding.