

It's no secret that the coronavirus is affecting all aspects of life as we know it.

We have been following local and federal sources regarding precautionary measures which are implemented to keep our country as a whole safe. We are also concerned with the health and safety of those who enter our gym. We have people of all ages in the gym, but we have a large percentage of our members and clients who are older and more at risk.

As you may be aware, folks are divided on the seriousness of the Coronavirus. Some show no concern at all, while others are hoarding and self- quarantining. Compiling information from several sources, it seems the Coronavirus is no worse than the flu or a common cold....if you are healthy. Those who are older and have respiratory conditions are at much greater risk for lung fibrosis, pneumonia and death.

Because of this, we feel it is our responsibility to do our part in to protect those who are most at risk. The elusive nature of COVID-19 provides a large window of uncertainty in regards to transmission. There are many in our gym community who have respiratory conditions, including Sam.

After careful consideration, we have decided it is in the best interest of all to be pro-active. Effective immediately, Dynamic Fitness will be closed for 2 weeks in conjunction with local school closures. We will follow the guidelines of local and federal officials as the situation develops.

This decision did not come easily. We are sorry for the inconvenience and interruption to your programs. We will be providing daily workout videos and tips to help you stay on track during the closure. Give us a call if you have a question about your routine, are having an issue or just need a way to stay on track. We will help you as much as we can remotely.

It is our hope, that if everyone works together to slow the spread of COVID-19 we will minimize the effect this disease will have on our friends, our community and our country. We must think not only of ourselves now, but of the bigger picture which involves concern and care for all during this crucial time.

Thank you very much for your understanding.

Sincerely,

Sam and Diane