



Dear Club16 and She's FIT Members,

We are excited to share we will be re-opening our doors this Thursday, January 20<sup>th</sup> at 10AM.

We are proud to share that through our work with the Fitness Industry Council of Canada we were able to establish Health and Safety guidelines that will help keep our staff and members safe.

Please review our Train Safe rules below which are in place to ensure you have a healthy and safe workout,

- Limited capacity is in place. A member representative will be at our doors ensuring capacity requirements are met - **No pre-booking required**
- Masks are required at all times unless exercising. During this time, masks are recommended while exercising as an additional layer of protection
- Keep a 2 metre distance while exercising
- Be sure to clean your equipment before and after use
- Be mindful of your workout length (1 hour) as we support you at the door with ensuring capacity requirements
- Remember to sanitize your hands upon entering and exiting the facility

Please visit [trevorlindenfitness.com/train-safe](http://trevorlindenfitness.com/train-safe) to learn more about our health and safety measures

Our Team can't wait to welcome you back!

Sincerely,  
Your Club16 and She's FIT Team