

March 23, 2020 Five Points Fitness Announcement

Dear Members:

First off, we want to send our best wishes for your good health during these difficult days. Moderate exercise and strength training help maintain a robust immune system and aid the body's healing process when illness strikes. Additionally, it is well documented that exercise is a significant contributor to good mental health and a positive outlook. Given the current lack of access to the Five Points equipment and facilities we strongly encourage you to set up a regular workout routine at home and to engage in cardio activities like running and walking (keeping appropriate "social distancing" from others in mind). To help you maintain your regimen Five Points is working to provide remote services for you. Last Friday we posted a comprehensive schedule of yoga classes which will be offered via Zoom from March 24 through April. In addition we are developing ways to provide exercise and strength training recommendations and routines remotely. We will make announcements regarding specific services soon.

You no doubt have questions regarding your membership status, payments, and the future of Five Points.

(1) Five Points is committed to its staff and making every effort to maintain their financial wellbeing. They are the cornerstone of our business and our friends and neighbors as well. We will be providing them with every support we can in the coming days. When the time comes to reopen Five Points we and our staff look forward to providing a seamless return of service.

(2) Membership Fees:

- a. If you are paying month-to-month you may simply leave your membership active. When Five Points reopens we will issue a complimentary one month membership certificate that can be used as a one month credit toward your membership or pass this credit to a family member or friend.
- b. If you are a member who has already paid for a full membership you will receive a month extension of your membership term on request.
- c. Should you need to temporarily freeze your membership please let us know and we will put a billing block on your account for the month of April.

(3) Concerning the possibility of closure beyond April, we will regularly review and evaluate the developing situation in light of pertinent governmental orders and guidelines and with national and Bay Area health conditions in mind. You will receive prompt updates as new information becomes available to us.

Five Points Fitness is dedicated to the health of its members. It is also a gathering spot for old friends and a place to make new ones. It is a venue where spouses, parents, and their children can comfortably come together in an active and positive pursuit. Five Points remains committed to servicing our membership, supporting our staff, and maintaining our welcoming community approach now and in the future.

We thank you for your continued support.

Sincerely,
Bryan and Tom