

To our FitHAUS Community -

We appreciate your patience with all the emails as we try to keep on top of this ever changing situation. In light of the latest recommendations, FitHAUS will temporarily close at end of day today, March 16th. We feel this is our responsibility and have made this decision with the health of our community at the forefront of our mind. During this time, we will move to all online and at-home programming. No classes or personal training will occur onsite after Monday night (tonight). At this point, our plan is to reopen March 30th.

We will be using Zoom to do live streaming of our workouts each day. If you don't have this app on your phone or computer, please download it ... it's completely free and very easy to use! More information on that coming, but we will be able to virtually hang out with all of you and will be able to coach the workout remotely. You will also be able to interact with one another during our live classes!

Our home workouts require a set of dumbbells, one kettlebell, a foam roller, and a band. We are lending out our equipment if you do not have these items. Please see google doc HERE and sign up for what you'd like to borrow. If necessary, we will be ordering more equipment to lend out. Please also note which time is best for you to pick it up and we'll have it ready! You may also swing by the gym at these times to pick up any equipment you may have here (shoes, etc).

Tomorrow is St. Patrick's Day and we'll be rolling out our first live stream workout. It's kind of like a practice run, and we'd love to have you all join us to workout (wearing all your green!). This WOD will take place tomorrow afternoon. We'll send the exact time and a link to the live workout shortly via email and other posts.

Starting Wednesday, we will roll out our regular live stream schedule! We'd love to have you join us live from your home, but will also publish it on our YouTube channel to watch at your convenience!

Memberships: We humbly ask that you keep your membership with us during this closure. We will be providing workouts and plenty of communication for active members during this time. Being a small business, this will impact us greatly and appreciate your support.

Please reach out with any questions you may have. We will keep your fitness going strong at home, keep our community close, and will come back stronger when we're able to be in the gym again!

As always, thank you from the bottom of our hearts. We love this community and can't wait until our doors are open again.

Stay healthy!

Katie, Nicole, Matt, & Stiles
#fithausstrong

