Hey CrossFit PTC Fam,

This has been a crazy month/year, right?  I mean I am not sure what day of the week it is.

As you all know Governor Kemp amended the shelter in place order allowing gyms to re-open under minimum operations under executive order 04.2020.01.  We are excited and of course cautious, and we really appreciate your input and thoughts on reopening our gym.

Please read this whole email/document, then come to the zoom call tonight with your questions.

**First, Communication:**

Ric will be answering any questions tonight at 6:15 right after the 530pm class on the same zoom link that we will be using for the stress management class.

(So if you are on for the 5:30, you will need to switch calls…Nathan will help you).

[https://zoom.us/j/4050855928](https://mandrillapp.com/track/click/30002421/zoom.us?p=eyJzIjoibHY1WHgxcVlPREFfMHBzcDNmTjZ3d0RvYl9rIiwidiI6MSwicCI6IntcInVcIjozMDAwMjQyMSxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3pvb20udXNcXFwvalxcXC80MDUwODU1OTI4XCIsXCJpZFwiOlwiNWRjZjYzM2JjM2U5NDQwYjg0Zjg1YjI3NjdhYjM5MmRcIixcInVybF9pZHNcIjpbXCI2NTc3NzQ1ZDdkNzk5ZTRiN2UxMjFjMWE5OTY2NzU0MDAwNjk3ZWE0XCJdfSJ9)

Also, feel free to call/text/email. You have good questions and great ideas. We want to hear them.

**Second, How are we going to reopen?**

We understand that people are all over the map about coming to they gym, staying home, what is essential, when and if the state should open up, etc.  We are here to help you feel great, achieve your goals, and be the healthiest version of you no matter where you are located! We want you to feel safe, and comfortable working out whether it is in the gym, at home or wherever you may be working out. So, if you are staying home we are going to support you. If you want to workout safely in the gym, we are also here to support you.

In the gym we will start to re-open on Friday, April 24th with personal training only.

We will resume a limited class schedule starting Monday April 27th.

**In Gym Class Schedule:**                                              **Zoom Class Schedule**

M-F

5:00am                                                                        12:00pm

6:00am                                                                        5:30pm

9:00am (not Shred but be able to modify)

10:00am

4:30pm

6:30pm (not Shred but be able to modify)

\*We will reassess the classes and days based on attendance.

**We also will NOT go ahead with a 6am Zoom class starting tomorrow.**

**Safety Measures:**

1. We will take everyone’s temperature upon entering the gym. Less than 100.4 is the magic number.
2. Classes will be 45 minutes. Please do not arrive more than 5 minutes early or stay after class inside the gym.
3. You must sign up for class in Wodify. There will be no more than 9 students allowed in each class. Each person will be assigned a 6’ space. If something happens and we have an overrun, then we will move a couple of people into the smaller side gym.
4. If you have cold or allergy symptoms, are coughing or not feeling well please do not come to class.
5. We will ask everyone to wash their hands as they come in, and wash their hands again prior to leaving.
6. We will limit equipment sets and avoid sharing equipment.
7. All workout stations will be at least 6 feet apart.
8. Please wipe down everything you use.
9. We will clean during the extended breaks in the schedule (No more than two classes)
10. If you have been exposed to CoVid 19 please quarantine at home for 14 days.

**What about equipment?**

1. If you have rented or borrowed equipment and have indicated you are coming back to class we will need all equipment returned Friday or Saturday. Follow this link [MYRETURNTIME](https://mandrillapp.com/track/click/30002421/crossfitptc.as.me?p=eyJzIjoiS05xbmstX2l1UmpRcnBmd3hVemFHYXdPcXpRIiwidiI6MSwicCI6IntcInVcIjozMDAwMjQyMSxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL2Nyb3NzZml0cHRjLmFzLm1lXFxcL3JldHVybmVxdWlwbWVudFwiLFwiaWRcIjpcIjVkY2Y2MzNiYzNlOTQ0MGI4NGY4NWIyNzY3YWIzOTJkXCIsXCJ1cmxfaWRzXCI6W1wiNjNmY2Y0NDRhMTY4NDI1OTY5NGM4NTA4ZGM3Yjg4OGI4YTJlMmI4OVwiXX0ifQ) to schedule a drop-off of time. (You will pull up to the back garage door for drop off.)
2. If you would like to wait to come back you can keep your equipment for now. We will re-assess this after the shelter in place has expired on April 30th.

**What if I am staying home?**

1. You will continue to have a coach assigned to you.
2. You can continue doing zoom workouts, stay using TrueCoach, or some combination you work out with your coach.
3. We will continue the zoom workouts at 12:00pm and 5:30pm Monday through Friday.
4. You can continue to use the equipment you have.

**What about kids?**

1. Kids classes will remain virtual until at least May 4th. We will reassess that in the coming days and let you know as soon as possible.
2. There will not be childcare at this time.

**Weekend?**

1. Zoom class on April 25th at 8:30am
2. May 2nd – 8:30am zoom, and 9:30am in gym. We will have sign ups for the 9:30 starting Wed so we can assess.

Again, jump on the Stress Management class tonight at 6:15pm here [https://zoom.us/j/4050855928](https://mandrillapp.com/track/click/30002421/zoom.us?p=eyJzIjoibHY1WHgxcVlPREFfMHBzcDNmTjZ3d0RvYl9rIiwidiI6MSwicCI6IntcInVcIjozMDAwMjQyMSxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3pvb20udXNcXFwvalxcXC80MDUwODU1OTI4XCIsXCJpZFwiOlwiNWRjZjYzM2JjM2U5NDQwYjg0Zjg1YjI3NjdhYjM5MmRcIixcInVybF9pZHNcIjpbXCI2NTc3NzQ1ZDdkNzk5ZTRiN2UxMjFjMWE5OTY2NzU0MDAwNjk3ZWE0XCJdfSJ9). Ric will be answering any questions or concerns you may have regarding this. Also, think about staying. Connie and Tundi have a great class lined up for us!

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