



January 24, 2022

Dear Valued members, and FPF Community,

We're beyond EXCITED to have a reopening date, and we want to ensure your safety when we reopen on Monday, January 31st. Thank you for your patients! Please review the FPF policies to ensure your safety. We look forward to welcoming you.

Your safety has always been our top priority.

We've kept our facility cleaner than you left it, and we'll continue to do so. Although we'll be thoroughly sanitizing regularly, let us all do our part to continue spraying and wiping down equipment before and after use with the spray bottle and towel provided at the front desk.

Our class capacity remains 8 to 10.

Class capacity for in-studio yoga will remain at 8, and all other class is a maximum of 10 participants. That way, we can allow for 6 feet of social distance between each person.

We'll continue with in-studio and online options.

If you're not ready to come back to the gym or group fitness classes just yet, we'll continue to host daily live streams to keep you moving from home.

If you feel sick, please stay home.

Working out is not only counterproductive when you're sick, it's also a safety concern right now. To help protect the well-being of our community, we've also instructed our staff to stay home if they have even the slightest of symptoms.

We are monitoring local, provincial, and federal guidelines as well as using common sense.

We missed getting fit together, but we're committed to our community's health. We'll keep you posted if the situation changes and intend to play it safe.

Yours In Good Health

Natatia & FPF Team