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Hello!

At this point, since you have an active email address, you have received many emails from companies about the action being taken to slow the spread of coronavirus. We are also taking steps to keep both our employees and members safe during this period including:

- Sanitizing all equipment directly after use
- Increased deep cleaning of the facility
- Keeping more distance while coaching
- Asking employees feeling unwell to stay home

Here are a few things you can do to help too:

- Wash your hands before and after your training sessions
- Stay home if you are feeling unwell
- Help wipe down your own equipment (we added a wipe station for this)

We've decided to take it a step further and limit the amount of members in the space throughout the day. Beginning Monday, March 16th, we are asking all of our members to begin scheduling their training sessions in our online system. We'll be keeping a maximum of 4 members training during each scheduled hour, giving us more time to disinfect the equipment and allowing for more personal space for each individual in the building.

To book your sessions, you can visit <https://spindlefitness.com/schedule>

Note: You will need to use your account in Pike13. If you haven't signed in before, it's linked to your email address. If you have any trouble, Jeff can help get you in to your time slot (jeff@spindlefitness.com).

This will be different and adds a little friction, but we feel like it's one step we can take to keep all of our members and employees safe and help the efforts to contain the mass spreading of the virus. Thank you for understanding and

For Private Training members, continue to schedule your sessions with your trainer. We'll make sure to manage the facility schedule accordingly.

In Home Training

If you do decide that you will be staying home at all over the coming weeks, please let your programmer know. We can keep you on your training program and adapt to whatever you have available to train with.

In addition, we'll be adding some bodyweight metabolic and mobolic sessions to everyone's app throughout the coming week. If you need any coaching help, please reach out to us - we all want to help keep you active and healthy!

If you are not currently a Spindle member, we are working on an offer for remote home personal training that is personalized to your specific needs. Email Jeff (jeff@spindlefitness.com) if you'd like more information.

Thank you for being part of our family here at Spindle. We will continue to monitor the coronavirus situation and take actions based on the recommendations from authorities. We appreciate that you choose to train with us and we will do everything we can to continue to provide a great training environment.

Jeff & The Spindle Team



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