



Defined Fitness Members,

As many of you may already know, there were new Governor issued mandates last week that require masks to be worn at all times as well as a new mandate changing our capacity to 25% effective, July 13th. Fortunately we don't anticipate that either of these new mandates will have a major impact on you, our members. While we will continue to enforce and follow all state mandates for the safety of our members and our team, our members have already actively demonstrated their ability to stay motivated and engaged even with these additional mandates.

As a member of Defined Fitness you have access to all seven of our full-service gyms. Our clubs are the largest in the state averaging 45k+ square feet. Because of that, we are able to accommodate more members using the club, which means we have plenty of space and we do not anticipate that you will be impacted by the new capacity restrictions. However, we will continue to monitor and make any changes to our operations as needed. One option is to consider varying your workouts and visiting our clubs at non-peak hours to ensure we can continue to easily accommodate all of our members.

Two weeks ago we began enforcing wearing masks in our clubs per the previous health order. The new mandate to wear masks during exercise is a continuation of that process.

While there are varying opinions on wearing a mask while exercising, we can agree that the greatest risk is to stop your fitness routines. Exercise and living an active lifestyle has been scientifically proven to aid in boosting your immune system and mitigating risk from other underlying health issues like obesity, diabetes and immune disorders.

We understand that working out with a mask can be uncomfortable and there may be a short adjustment period. As we adapt to these new changes there are some things to consider in preparation for exercising with a mask.

- **Choose The Right Mask** - Paper and cotton masks are not ideal. Choose a lightweight synthetic material that absorbs sweat and moisture.
- **Extra Hydration** - Bring a water bottle and hydrate more often.
- **Recover** - Take time between sets to recover and stop if you are feeling dizzy.

We appreciate your support in following these new mandates so that we can continue to serve your fitness needs.

Best In Health,

Mark Fisher
Chief Executive Officer
Defined Fitness