

It is with a heavy heart to have to write this, but the gym has closed its doors temporarily. We are hoping no longer then March 31st. I know things are changing as we speak and I would like to be proactive in helping everyone stay healthy and active. I am offering to let our members borrow certain equipment from the gym while we have to keep our doors closed. From 2-4pm March 18th and 19th we will let you to pick up one of the following items: dumbbell, kettlebell, resistance band, abmat, medicine ball, or a slam ball. If I have extra left over, I will let everyone know via facebook and email, in case someone would like to borrow more. If you can't make it during one of the allotted times, please email me. info@orcaspowerlifting.com

I also want to be understanding for our members that have lost their income and offer a \$20 per month freeze for as long as this lasts, so please get in touch with us through email and we will get that started. For those of you that paid in full, I will extend your membership the amount of time we were unable to open our doors. This will be a process, so please bear with us and I promise we will make it right. If any of you would like to continue to support the gym during this hard time, we, along with all our members, would be forever grateful to you. This would help us all have a gym to come back to after this has passed.

In the meantime, please follow our FaceBook pages and join our private members only OAC Strong 2020 community page I will be posting updates, at home workouts and/or recipes daily. (The link is on our [@orcaspowerlifting Facebook page](https://www.facebook.com/orcasathletics))

Thank you for your continued support. We are wishing all of you great health!

Sincerely,
Angela and Thaddeus Douglas

Angela Douglas, Owner/CFL2

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