

Re-opening FIT the Right Way



Our Mission and Re-opening Core Values



Mission: When people lack energy and confidence, they aren't living their best life.

At FIT, we provide strength training customized to your needs.

Because being able to thrive EVERYDAY is something we all deserve. We are FIT Strong!

COVID-19 has challenged us and ultimately changed us all forever. However, that mission has held true throughout and will continue as we transition back into the gym.

Core Values during our Re-opening Phases

1. We will do everything we can to keep FIT clean and sanitary for your use to keep you and your families safe and healthy
2. We will provide you the most thorough training session we can with as much encouragement and support possible while staying within the guidelines laid out by the State of Wisconsin and/or the CDC, DHS etc.
3. We will return to more normal training schedule as soon as we feel it is safe. That means, there is NO timeline on any of our Phases. We will keep you all in the loop as we have thus far.
4. We are so incredibly grateful for your understanding as a FIT Family and we will continue to provide as many opportunities to remain FIT Strong as necessary until we can ALL come together safely again at FIT

What To Expect When You Return to FIT



- 1) Phases of Re-opening
- 2) Phase 1 Schedule
- 3) Phase 2 Schedule
- 4) Entering the gym
- 5) Safety Requirements
- 6) Coaching and Training session changes
- 7) Before/During/After your session
- 8) FIT Strong Virtual Training plans
- 9) Membership and Pricing
- 10) Safely bringing back our FIT Family

Number One Priority: Your Safety



We will be opening up in 3 distinct phases

Phase 1: Maintain all LIVE Virtual training sessions and return to training PPT clients at FIT

Phase 2: Maintain 1 LIVE Virtual training session (at least) daily and return to training all FIT Athletes (PPT/APT/MPT/ADAPT/WMW) in a limited capacity

Phase 3: Maintain 1 LIVE Virtual training session (at least) daily and return to our long term “New Normal” schedule

We will consider all the facts and gather information from colleagues locally and nationally to make the best decision as to when we transition from Phase to Phase. We will NOT promise any timeline on these because, as we have all learned, there is much we cannot control during this Pandemic

We also reserve the right to revert back to a previous phase if we feel safety is compromised

New Schedule for Phase 1



Phase 1 Training Session Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Personal PT 5:30a 7:00a 8:30a 2:30p 4:00p		Personal PT 5:30a 7:00a 8:30a 2:30p 4:00p		Personal PT 5:30a 7:00a 8:30a 2:30p 4:00p	
Virtual 11:00a 5:30p	Virtual 5:30a 11:00a 5:30p	Virtual 11:00a 5:30p	Virtual 5:30a 8:00a 11:00a 5:30p	Virtual 11:00a 5:30p	Virtual 8:00a

New Schedule for Phase 2



Phase 2 Training Session Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Virtual 11:00a	Virtual 5:30p	Virtual 11:00a	Virtual 8:00a 5:30p	Virtual 11:00a	Virtual 8:00a
PPT 5:30a 7:00a 8:30a 4:00p		PPT 5:30a 7:00a 8:30a 4:00p		PPT 5:30a 7:00a 8:30a 4:00p 5:30p	PPT 8:00a
MPT 5:30p	MPT 5:30a 4:00p	MPT 5:30p	MPT 5:30a 4:00p		MPT 9:30a
APT 5:30a 4:00p	APT 5:30p	APT 5:30a 4:00p	APT 5:30p	APT 5:30a 4:00p	APT 6:30a
WMW 7:00a 7:00p		WMW 7:00a 7:00p		WMW 7:00a	WMW 8:30a
ADAPT 8:30a 2:30p		ADAPT 8:30a 2:30p		ADAPT 8:30a 2:30p	

Entering the Gym



The primary entrance for ALL clients during Phase 1 and Phase 2 will be through our garage door in the back, please park in the back with overflow parking in the front.

We will keep the front door locked for the time being

There will be distinct entrance corridors and exit corridors separated by our BIG cooling fans

To enter the gym for the first time, you will need to fill out our new liability waiver that we will have available via ZenPlanner

Additionally, we ask that every FIT Athlete answer a simple health screening before each session

Health Screening Questions



- 1) Do you have any of the following respiratory symptoms?
 - Cough OR
 - at least TWO of these symptoms: Shortness of breath, Fever, Chills, Repeated shaking with chills, Muscle pain, Headache, Sore throat, New loss of taste or smell, Vomiting, Diarrhea

- 2) Have you come into close contact (within 6 feet) of someone who has a laboratory confirmed COVID-19 Diagnosis in the past 14 days?

If the answer to any of the questions is YES, we would ask you to not come into FIT for a training session.

Additionally, we will have one of the session's coaches checking temperature of all incoming FIT Athletes. If your temperature is 100.4 or higher, you will be asked to go home and get healthy!

Our PPE Requirements



Coaches will be wearing masks during Phase 1 and 2 and possibly longer.

However, we will NOT require our FIT Athletes to wear a mask. If you wish to wear a mask, please bring your own and take it with you as you leave.

Additionally, we do NOT intend on wearing gloves NOR expect you to, but it is your choice. We are taking significant extra steps to sanitize ALL of our equipment, including the barbells between each session.

And with how our training sessions will lay out, we will NOT be sharing equipment over the course of a workout. Your tools in your cell are YOURS for the hour

New Cleaning Protocol



Pre/Post sessions:

- Clients will sanitize all equipment used prior to leaving their training cell
- Coaches will sanitize any additional equipment and allow ample time to dry before the next session of athletes arrives

End of Day:

- We will be using a special disinfectant spray on our turf and rubber flooring allowing it time overnight to dry
- We will clean all the equipment: racks, collars, plates used during the day thoroughly

End of Week:

- We have a new cleaning crew who will be doing a thorough deep clean on all equipment over the weekend

What Will Change with Training and Coaching?



We as Coaches will engage in “physical distancing” but not “social distancing”

- We will maintain a distance of 6 feet from our FIT Athletes during coaching sessions
- But that doesn't mean we can't be social. We are not going to avoid eye contact like everyone does at the grocery store. We are family and will need to use words and demos extensively to improve your training session.

We ask you to do the same with your FIT friends, keep a safe distance but feel free to be social because that is what we are missing right now.

We may also need to make modifications to Phase 1 and Phase 2 training sessions as rented equipment may still be out. ****REMINDER, if you are returning to the gym, we need your rented equipment back *within 1 week* of returning!****

MOST IMPORTANT THING: We are back in FIT, so have some fun, smile and rejoice in the fact that we get to actually engage with other people again, even in a limited fashion!

Before, During and After Your Training Session



Entering gym

- i) Entrance for Phase 1 and Phase 2 will be through the back of the gym - weather permitting, garage door will remain open throughout the session
- ii) Take temps and complete health screen
- iii) Go to the bathroom or the utility sink and wash your hands thoroughly. Please when in the bathroom, keep the door open when you are washing, so other incoming clients can see you are in there
- iv) During Phase 1, showers will be unavailable for use
- v) Additionally, during Phase 1, cubbies will not be available for use - place personal belongings in your Training Cell
- vi) Respect physical distancing and remain 6 feet apart from other clients/coaches that are incoming
- vii) Check ins on Zen Planner will be completed by coaches during Phase 1 and Phase 2 so you DO NOT have to touch our iPads

Before, During and After Your Training Session



Preparing for your session

- i) Programs will be laid out on the jerk blocks, with clipboard, wiped down beforehand for you to grab and head to your Training Cell
- ii) Find your equipment and proceed to your designated Training Cell (8 spots in front half of gym, 8 spots in the back half of gym)
- iii) There will be one coach in each training area and 2 if we have more than 4 PPT Athletes
- iv) Curtain will be closed between the two areas (except during MPT sessions in Phase 2)
- v) Fans will be blowing out the garage door and the exhaust fan will be blowing air out the front
- vi) We unfortunately don't have legitimate air flow capabilities so the fans will be the extent of air flow we can offer, hence keeping the gym client free T/Th initially

Before, During and After Your Training Session



Your Training Cell during your session

- i) During sessions, please bring your own water bottle. We will have water bottles available to grab and dispose of. Our filtered water system WILL NOT be available for use for clients
- ii) Each client will have a dedicated space, rack, bar, weights and can initially grab anything they need before staying in the area they have reserved by signing up in Zen Planner.
- iii) Once you complete the session, we will expect you to use your station's alcohol spray bottle and towel to spray/wipe down the equipment used.
- iv) Bands, mats, etc can be hung on the rack to dry before the next session
- v) Dumbbells, kettlebells, etc. can be laid on the ground to dry
- vi) Weight plates can be leaned against the rack to dry
- vii) Once completed with wiping down equipment, clients can throw their used towel in the laundry hamper

Before, During and After Your Training Session



After your session

- i) Upon session completion, programs can be left where they were originally found on the Jerk Blocks. We will properly put them away
- ii) All personal belongings must be taken with you when you leave. DO NOT leave anything at FIT.
- iii) As you leave, wash your hands in the bathroom or utility sink, respecting those that were in your session and those potentially coming in for the upcoming session (although this SHOULDN'T be an issue with a 30 minute window between sessions)



Virtual Training will CONTINUE!

We know that not all of you will feel comfortable returning to FIT immediately when we re-open.

Therefore, we will keep the FIT Strong Virtual Training schedule EXACTLY the same during Phase 1

In Phase 2, we will retain a live session every day and continue to record and share those recordings to a Facebook Group so anyone that is a FIT Family member or wants to join our FIT Virtual Family can do so on their time.

Additionally, programming through Train Heroic for ADAPT, APT and MPT will remain current and WMW lifters will continue to receive programs to do with the equipment available to them

Your Membership and Pricing



An expectation we set in our job descriptions for our coaches is that we provide 5x the value of the what our FIT Athlete's pay for a training session.

When we chose to close with the intention of keeping you all safe, we didn't change pricing and instead decided to do everything in our power to make sure we were still providing 5x the value through COACHING, even though the medium changed.

As we re-open, we plan to keep pricing the same and will continue to provide as much value as we possibly can to you, including allowing those returning to the gym to continue with virtual training at NO ADDITIONAL COST.

Your Safety is OUR Priority



We have your safety in mind, first and foremost. We thank you for your patience and appreciate your understanding as we continue to traverse these unique and uncertain times.

But dang it WE MISS YOU! And we are taking as many steps as we can to open up as soon as possible.

It's time to get our FIT Family back together and we are working as hard as we have during this time, if not harder to make that a reality sooner than later!

THANK YOU FOR BEING AWESOME! Stay FIT Strong!

Questions about any of these details::

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Sharing this presentation



We will have this on our website, on our FIT Family Facebook page pinned to the top, and sent out via email and text so we can get this to everyone in our FIT Family.

If, for some reason, you find someone who did not receive this message, please let me know so we can get them access to reference as we move forward with re-opening.

An official announcement about our re-opening date will be coming sometime next week as we know more about Dane County's policies.

THANK YOU!

**Stay safe and we will see you
all soon!**

