



June 16th, 2020

Dear Loyal Gold's Gym DC Metro member,

Thank you for your unwavering support as we navigate the reopening of our 22 locally owned DC Metro Gold's Gym locations. As you know, we have recently opened our 11 Virginia locations and done so with great success. We have received tremendous feedback regarding our protocols and sanitization guidelines ensuring member and team member safety is our top priority.

We are excited to announce that we are reopening 8 of our Maryland locations on Saturday, June 20th at 8am (excluding Gold's Gym Riverdale Park which has been delayed by Prince George's County).

We have created a phased Reopening Strategy in which we will implement various precautions throughout the gyms and reopen amenities slowly. Please note the following guidelines for Phase 1 of our reopening and be sure to review our [Code of Conduct](#) provided in the link below:

- Modified hours of operation to allow for extensive cleaning and sanitization after hours:
 - Monday through Friday: 7am - 9pm
 - Saturday & Sunday: 8am - 4pm
- Member capacity will be capped at 1 person every 200 square feet (approximately 30%)
- We will be conducting a screening process for members prior to entering the facility, which may include a questionnaire and temperature check
- Touchless check-in process with credit/debit transactions only (please scan your own barcode and merchandise/concessions)
- Members and team members will always maintain 6ft social distancing per state guidelines
- Every other piece of cardio equipment will be powered down to support social spacing
- Some amenities will remain closed in Phase 1 including Kids Club, Sauna/Steam Room, Basketball Courts, GGX, GOLD'S FIT/BURN/CYCLE and Personal Training:
 - We will be LIVE streaming Group Exercise (GGX) classes daily on [Instagram](#) @GoldsGymDCmetro, no in-person classes will be offered until the next Phase of opening. You can also subscribe to the Gold's Gym DC Metro [YouTube](#) channel to access recorded classes with our local instructors.
- Accessories and equipment with porous surfaces will be temporarily removed (such as mats and rope pull extensions). Please bring your own mat if needed.
- Face masks should be worn when not exercising, we will have those available if needed. Our team members will always be wearing face masks and gloves while working.

We will also have a dedicated team member at each gym to handle inquiries regarding your account. Beginning on June 19th, you can call your home gym Monday-Friday between 9am-5pm with any questions (option 4). ***If at this time, you feel uncomfortable visiting the gym, please contact the gym to have your freeze extended at no additional cost to you.***

We sincerely appreciate your support of our reopening and the cooperation with our health and safety measures. Thank you in advance for adhering to these precautions. Please take a moment to review our [Code of Conduct](#) and detailed [Reopening Plan](#) for your reference should you have any additional questions.

Yours in Health & Fitness,

Gold's Gym DC Metro Team