



Essential Health and Fitness Clubs

Anytime Fitness and our Fight On Covid-19

STRONGER *Together*



Our Clubs are accessible 24/7 by our members. On a normal day, we have no more than 15-20 people in our club at a time. Since members scan Keys to get in. We can pull a report to see what peak times are and how many people are in the club at one time. As for guests, they are allowed in between 10-6. With social distancing, it is possible to validate with statistics the amount of people in our clubs at any given time.



Health Clubs and Fitness Facilities are Essential Businesses.

It doesn't take a pandemic to spark motivation for us to put our member's health and safety first. We have been preparing and doing this on a daily basis. In order to be a clean facility, we have to have the proper practices to ensure we don't just say it. We do.

People turn to Fitness for Stress release, a way to better their health, reach their goals, and ultimately inspire others.

How do we fit in?

We are essential to our members.



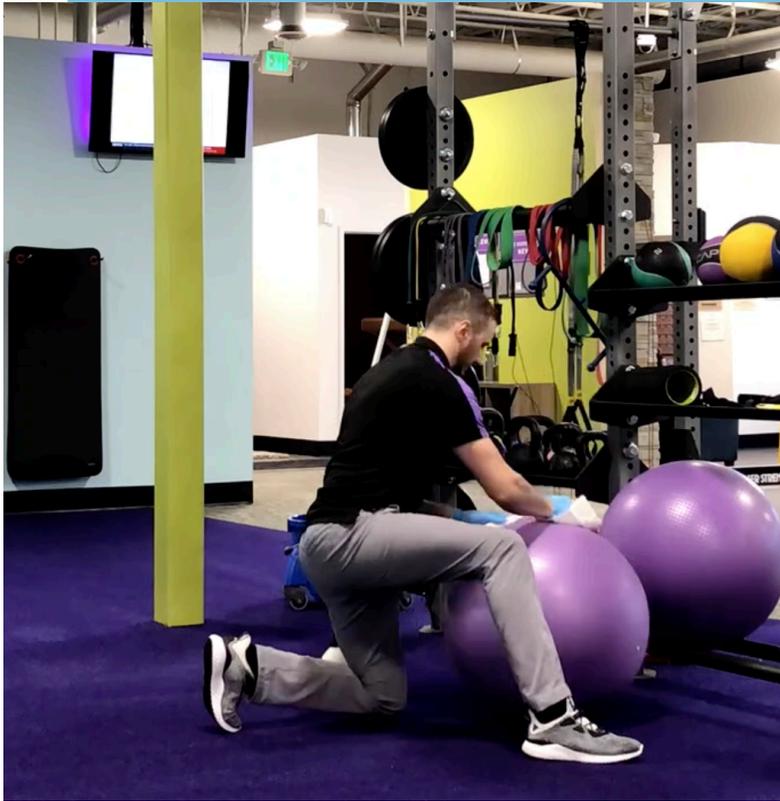
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Cleaning Theory

Covid-19 Prevention and Daily Practice

Our Cleaning Standards

Our Main Focus Has and Will Always Be;



- Member's Health First
- To Disinfect Equipment, Not Just Clean
- To Stick to Strict Cleaning Protocols
- Monthly Cleaning Meetings and Staff Trainings on Cleaning Policies
- To Prevent Any Spread Of Any Bacteria or Illness
- Quality Control of Chemicals to Ensure Proper Potency



Time For A Little Chemistry

What We Use To Fight Covid-19 and Other Viruses

- Alcohol Based Sanitizers 70% or 80% Keep in mind Benzalkonium Chloride 0.12% works if you don't have Alcohol Based Sanitizer.
- Antibacterial Wipes and Cleaning Concentrate From Zogics both meet the EPA's criteria for use against SARS-CoV-2 (the cause of COVID-19).
- Cleaning Chemicals can also be acquired from Zogics such as Peroxide Cleaners, to Low Acid Cleaner, and even cleaner for black flooring.





Best Practices For Staff

Everyone Needs to be On Board



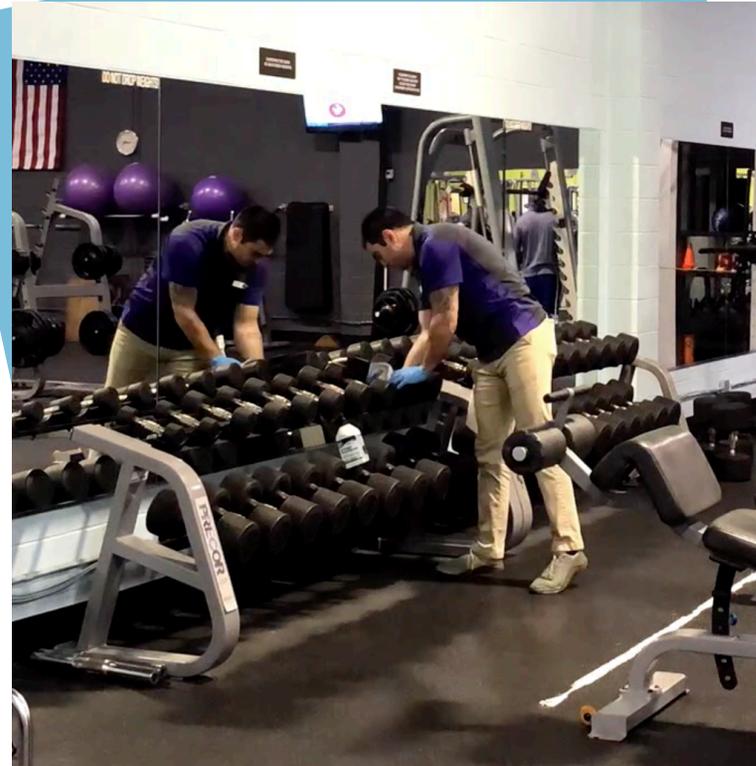
- All Staff needs educated on COVID-19 as well as how Viruses can be spread.
- Understand Hard Surfaces disinfected easily. Porous or Cloth needs to be washed hot with disinfectant.
- Make sure Staff wears gloves while dealing with all rags used for cleaning and discards in laundry after usage. No cross contamination. Period.
- Avoid touching your face and eyes.
- Staff **MUST** complete cleaning list each day and communicate if behind.
- **WASH YOUR HANDS!**
- Make sure equipment is spaced properly
- Keep Wipes, and Sanitizers fully stocked and readily available for members to use. Direct members to locations.
- Temperature checks before shift
- Put our members first as usual



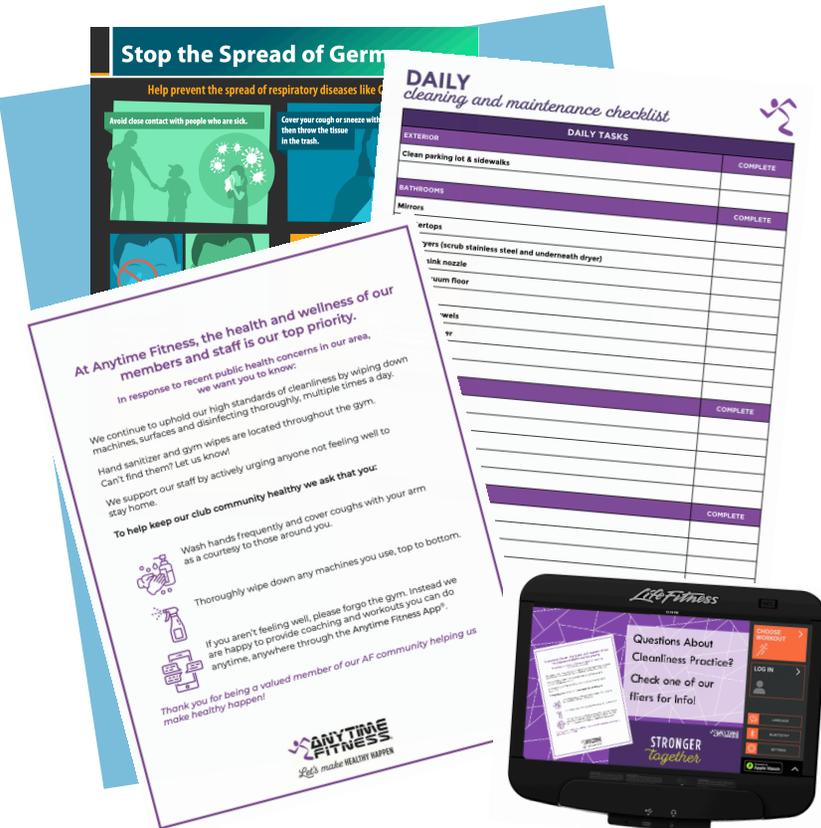
Best Practices For Members

Staff Needs to Enforce Rules

- After using equipment, disinfect with wipe. If wipes are unavailable, spray bottle with a rag or paper towels is just as useful and just as sanitary.
- If Member is not feeling well, they need to stay home.
- Members must practice social distancing and adhere to rules
- Questions brought to Staff - Members want to feel safe, let's show them how we normally do this.



What's Being Done Around The Club?



- Reminder to members how to continue keeping health a priority
- CDC posters around the clubs showing how to stop the spread
- Daily Cleaning Lists shown to Members with questions
- Communication and Reassurance for Concerns related to Cleanliness
- Treadmill Screens with Updated Rules





Personal Training

How to Coach Health with Social Distancing

What is Possible With Coaching?



ONE-ON-ONE

It is possible to Coach one-on-one with a client to help reach their goals during social distancing.

PT and Client continue to clean equipment as usual in ensuring sanitation protocol.



SMALL GROUP

Small Group Training is achievable at our club as we are able to set designated spaces on the floor where members will do exercises. This will be 6 ft and marked.



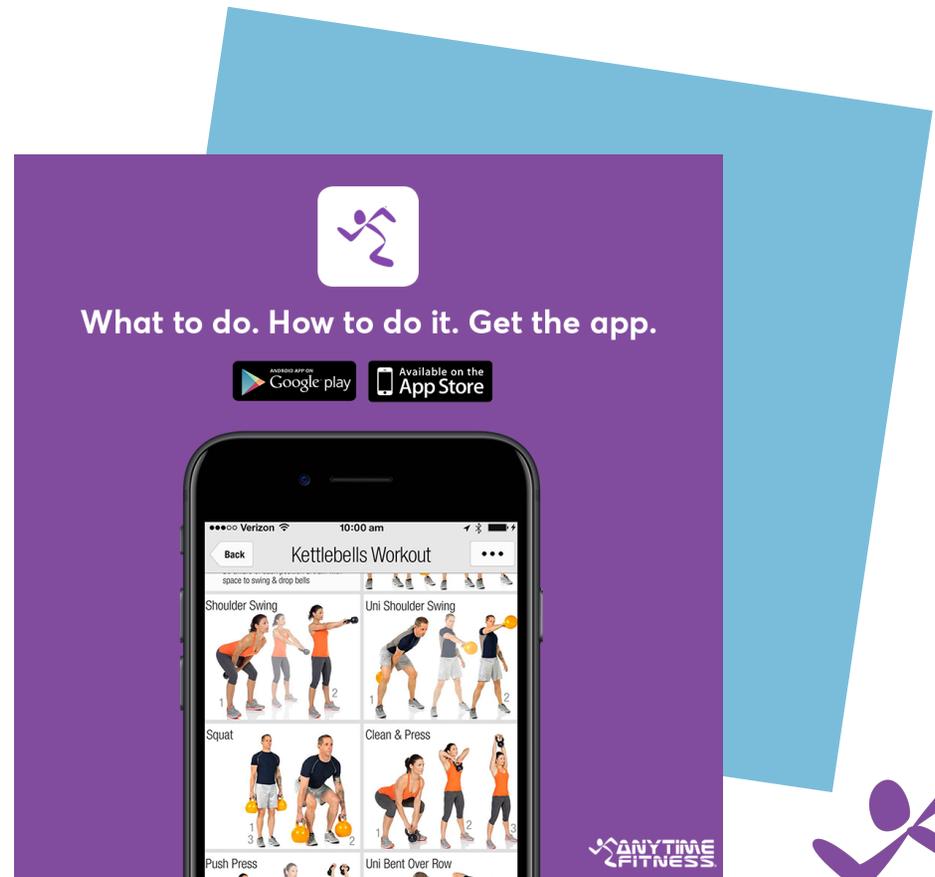
Members Staying Home?

How we Coach Members at home

When dealing with reopening, there will be a small handful of people fearful of being back in the public and concerned with their health.

This is totally fine, and we have our solution that we have been doing lately.

The Anytime Fitness App allows us to Coach and virtual train clients while they are home without needing to come to the club.



The advertisement features a purple background with a white Anytime Fitness logo at the top center. Below the logo, the text reads "What to do. How to do it. Get the app." followed by "Available on Google play" and "Available on the App Store" logos. A smartphone is shown displaying the app's interface, which includes a "Kettlebells Workout" screen with a grid of exercise images: Shoulder Swing, Uni Shoulder Swing, Squat, Clean & Press, Push Press, and Uni Bent Over Row. The Anytime Fitness logo is also visible in the bottom right corner of the purple background.

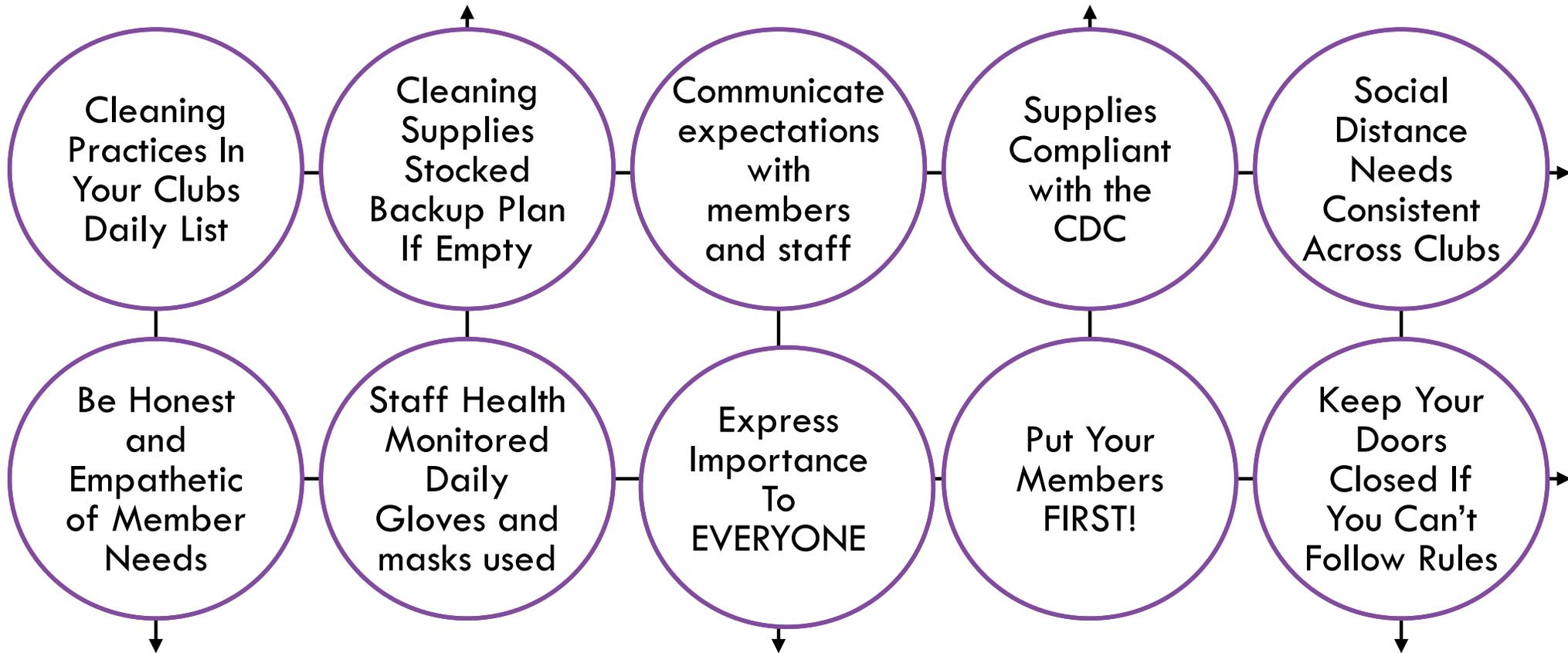




Working Together

How to work together to uphold standards

How to Stay Consistent Across the Board



OUR HIGHEST PRIORITY FOR OUR MEMBERS, COACHES, AND STAFF IS SAFETY. ALWAYS.

TIPS TO KEEP YOURSELF & OTHERS HEALTHY

- Wash your hands with soap and water for at least 20 seconds and use alcohol based hand sanitizers
- When coughing and sneezing, cover mouth and nose with flexed elbow or tissue—discard tissue immediately into a closed bin
- Avoid touching your eyes, nose and mouth with unwashed hands
- Avoid close contact with others that may be sick
- Stay home and rest if you feel ill
- Clean and disinfect household objects and surfaces in your home

WHAT IS ANYTIME FITNESS DOING TO HELP KEEP EVERYONE SAFE?

- We continue to maintain the highest standards of cleanliness in our clubs
- We are diligently wiping down equipment after each use
- We are encouraging any ill staff or members to stay home
- We have placed sanitizer and wipes throughout our clubs
- We are proactively monitoring and communicating health issues facing our clubs



Communication

Post on Social Media about what you are doing to keep your Club clean and committed to your member's health

It's Extremely important to be able to back what you are telling them. Post some pictures cleaning the club, or a time-lapse video of a certain area being kept up.

Our Members want to feel safe, so it's our commitment to them to show them we are serious.





This Is What We Have Always Done

We Are Essential Because Our Members Health Is Essential To Us...



Thank You