



Dear The Vicious Cycle Members and Community;

We are so excited to be able to get back to sweating together again! We hope this finds you and your loved ones healthy and safe! We know with all that has been happening in America there are probably a lot of questions on what Vicious will look like moving forward and how will we protect you, our staff, and our community.

We would like to discuss and align the reopening guidelines to ensure you are coming back to a safe, functioning, and inviting studio to continue your health and fitness lifestyle.

★ Objectives provided by The Vicious Cycle

- Safe space; we are committed to making the space clean, functioning, and maintained to our best ability. Our environment will serve a welcoming purpose with your health needs as a priority.
- Clean Equipment; we will be taking additional precautions to keep equipment clean. We will be using and providing new cleaning agents to use before and after sessions but also a deeper clean when the studios are not in use before next day opening.
- New Protocols; we want to ensure the best experience with our members' interests and safety as our priority, including but not limited to, social distancing style exercise, sanitation protocols, instructor involvement to maximize the detail each session.
- New Constructive Schedule; we will allow proper cleaning to take place between classes/sessions and we are looking to minimize large groups or any uncomfortable crowds. Please be aware of our reservation system and class/session cancellation policy.

★ Objectives expected of The Vicious Cycle Member/Guest

- Cleaning personal equipment; we will be providing sanitizing agents with the intention to clean personal equipment before and after session.
- Pre and Post session/class protocol; we request that members/guests do not arrive to The Vicious Cycle more than 15 minutes before class or stay any longer than it takes to cool down and clean personal equipment properly. This will limit large gatherings of people. In addition, we ask that our members/guests stay on the appropriate side of the studio based on the activity they're partaking in, including the use of the restrooms.

★ New Protocols

- Strengthening Our Sanitation Process
 - Proper disinfection during operating hours
 - Deep clean and additional cleaning during off-hours
 - Increased operation and maintenance of equipment, surfaces, spaces, and restrooms
- Social Distancing
 - Equipment Spacing
 - Decreased class sizes
 - Schedule Spacing



- Equipment being laid out before Strength classes/sessions to the best of the Trainer's ability
- Instructor/Trainer Safety
 - We love our instructors. Instructors will come back to work as they feel comfortable to do so.
 - Masks will not be worn during the instruction of class/session
 - Instructors and trainers are required to provide additional time before and after class to properly clean and instruct proper protocols
- ★ Frequently Asked Questions
 - What happens to my membership due to the COVID-19 closing of The Vicious Cycle?
 - If I do not have a membership however I had classes remaining on my account prior to shut down, what happens to those classes? Does the expiration date stay active?
 - What is Virtual Training?
 - How do I access Virtual Training?
 - Will Virtual Training remain active upon re-opening?
 - With limited classes and spaces, how do I ensure an equal opportunity to reserve my classes?
 - How will I know about The Vicious Cycle re-opening date?
 - What is the best way to communicate with The Vicious Cycle?

We cannot Thank you enough for your support during this time! We will get through this stronger and closer as a community. We hope this has answered any questions or concerns you may have had. As always we are here for you. Please do not hesitate to reach out.

Thank you!

We miss you, sweat with you soon!

The Vicious Cycle