

## CORONA UPDATE 3/21/20

### PLEASE READ THIS IN ITS ENTIRETY

I hope you and your family are healthy and are doing well. I'm sure it is no surprise that **Elite is continuing to pause all classes, team, parties and privates.** As a company, we have always been reasonable and we thank you for your patience as together we try to navigate the ever changing situation. As the time passes we will continue to consider extending the season and /or providing make ups.

**Please know that all accounts are frozen until we reopen.** Meaning, there are no payments due and all auto-pay agreements are on hold. \*If you want your April autopay to process, please respond to this email.

We are in this together.

### In the meantime...

It is very easy at a time like this to lean heavily on technology. Let's all remember to take this time to occasionally unplug and have family time. Enjoy the upcoming Spring weather. Take on a family project together!

We will continue to think of ways to help you stay active. Keep an eye out for links to free virtual classes, challenges and more. Attached is a [message from our coaches](#) with some exercises. We encourage everyone to keep up with warm ups, strength, flexibility etc. Together we will all return stronger.

We've heard great things about the free virtual live classes we shared via Facebook. If you haven't checked them out - we highly recommend it! To make it easier, we added a [new page on our website](#) dedicated to activities, challenges and links. If you have come across a great activity let us know!

[Elite Home Ninja Challenge!](#) Elite Ninja has challenged Ninja's to create their own obstacle course and will be providing prizes when we return for most creative, fun

etc. Elite Gymnastics welcomes gymnasts to join in the fun and will also be offering prizes.

We can't wait to hang all the [coloring pages](#) at the gym! If you haven't seen them they are posted on our website. Print, color and bring it in when we open. If you take a photo and send it to us via email or post it in social media we have created a [Facebook album](#) dedicated to the coloring pages!

For many of us last week feels like the longest week ever. Try to look for the positive and make the most of the time. Remember the kids are watching and how we as adults handle the stress, uncertainty and disappointments will have a huge impact on them.

In closing we want to give a huge shout out and THANK YOU to all the parents that are essential workers. While many of us have an abundance of time on our hands others are taking on longer, harder days. Those in the medical field, supermarkets, delivery, food service, etc. When you come across them, please take a moment to remember they are out working harder than ever. Be kind and patient.

Together we can flatten the curve.



Stay well,

Christine Bell-Winston

Owner/Director Elite Gymnastics

Ryan Bell

Director Elite Ninja Warrior