

CRANBERRY COMMUNITY FITNESS

July 2020

WHO ARE WE, WHAT ARE WE DOING AND WHAT ARE OUR PLANS?

We are a community-based Fitness program. Meaning anyone who wants to come, can come. You don't have to live in Cranberry Township. In the past, we offered a membership in which you had access to all the classes on the schedule for one price. Then COVID through us all for a loop. We were all furloughed. Memberships were put on hold. We continued offering classes online through our Facebook page and then moved to a private group (that anyone could join) at no cost to anyone. Of course, we were hoping to keep everyone moving through what we hoped would be a few weeks but turned into a few months! When the weather got nicer we even offered driveway classes. We then went GREEN and were called back to work and at first started offering outdoor classes only. As the weather got warmer and warmer we started offering indoor classes (and the Group Barbell people wanted to get back to it!). There is room for 10 people, plus the instructor – everyone being 10 feet apart.

We ditched the membership option because we knew people would be with their kids, on vacation, etc. and tried the \$5/class option. This price is ridiculously low, but we wanted to get people back to some kind of an exercise program. The response has mostly been positive – people just like to exercise in groups and socialize. For me it's a big part of trying to stay sane during this very volatile time. After doing this for a month, my summary is – a lot of people like the outdoor option – especially the Fit-Liter's! We have tried both indoor and outdoor classes and consistently get larger groups outside – topping out at 15 for Pavilion Chair Yoga. The outdoor classes in general are much better attended (except for Zumba Toning which consistently fills inside at a 10 person cap). The evening Yoga classes have not gone well – when they were outside, it was really hot and there is no private place – except for the amphitheater and we were told construction would be starting and not to book anything. We moved them inside this week, but neither have been able to run due to low registration. We have added a few different classes inside like R&R Yoga, Hatha Yoga, Stick Yoga but they aren't getting a lot of business!

We hope to keep doing the outdoor classes through September and maybe even October when the weather is nice. We would really like your help going forward. **Do you want us to keep offering these single classes? Should we maybe offer 4 week sessions so you don't have to register all the time?** This might help with consistency. Would you like online classes? The problem with the 4 week sessions is that you would have to register earlier because if we do not get enough people, we would have to take it back to single classes. Hopefully the registration process has been very easy for you because it takes a lot of time on the back end to set it up! So much will be determined by what is going to happen with the kids too! What time will school start? Will they be going to school or will they be at home? What would work out best for you if you could make the schedule? Inside, outside, times etc. We may be able to get the gym as well so let us know if that makes a difference! Thank you to all of you who have been so supportive! We couldn't do it without you!