



We miss you. We want you back!

We would love for you to rejoin the Griffin team and enjoy the clean, safe, and professional environment. While we've been apart we've made improvements and new partnerships. We are excited to announce our partnership with Hyperice and NormaTec. You will have access to first class recovery tools and services. We have also added newer team members Ryan Bailey a recovery specialist; and Natalie Reed an enthusiastic personal trainer. Please read below for more exciting changes...and check us out on our new website <https://griffinfitnessstudio.com>

First meet the new faces:



Ryan Bailey
Soft tissue/recovery specialist

Natalie Reed
Personal Trainer



New Service Offerings:

- Tri Muscle Therapy featuring Ryan Bailey. Services include; assisted stretching, cupping therapy, IASTM, and muscle flossing, recovery compression sleeves. Ryan will take care of all your recovery needs.
- NormaTec Compression massage. Increase circulation, reduce soreness, and help you perform at your best. Compression therapy is now included in training packages.
- Partnership with Hyperice recovery products. You'll be able to purchase premium recovery tools.

- ZOOM group classes or 1-on-1 ZOOM training. You don't have to leave the comfort of your home to stay fit and healthy. \$99 Monthly subscription includes access to all zoom classes. Refer a friend and receive \$25 gift card. Prices for 1-on-1 Zoom will vary.
- Saturday Zoom workout and recovery class. All training packages include access to this online class. Start your weekend off with a good sweat and prepare the mind and body for the following weeks workout.
- Schedule a zoom coaching call at a convenient time. Accountability check-ins, goal setting, and support calls with your coach.
- Workout on our unique equipment; nordic hamstring curl machine, Bret Contreas Hip Thruster machine, Reverse Hyper Extension machine, Safety squat bar. Just to name a few.

Safety:

Your health and safety will continue to be a top priority for our studio. We want you to feel safe and comfortable while working out. This is 1 hour of your day for you to focus on yourself and building a better and healthier you. With that said here are steps we are taking to protect your health.

- The studio has been professionally sanitized by Quality management, a local company that specializes in this field. We will continue to have the studio professionally cleaned on a weekly basis by our housecleaning.
- The Griffin coaches will ensure that our equipment is cleaned after each use, and that common surface areas are regularly wiped down throughout the day. Hospital grade sanitizer spray will be available for use. In addition disposable wipes will be available, strategically located throughout the studio.
- In July the studio will be have a Phonesoap device that uses UV-C light to sanitize your personal items. This includes cell phones, tablets, keys, ect. Please go to [PhoneSoap.com](https://www.phonesoap.com) for more details on this product.
- Maximum occupancy for the studio will be 12 people. This will allow proper safe spacing for clients. We will respectfully ask that non-clients do not enter the facility.
- Please bring a mask. While it is not recommended to use a mask while working out, if it makes you feel comfortable wearing one between sets or while in the studio please do so. Griffin coaches will wear mask as needed. We want you to feel safe.

In closing, we are excited to add more value to your experience at Griffin Fitness. These exciting improvements will benefit all. As the landscape of the fitness industry changes and the cost of doing business rises, we will make some changes to our pricing. The new price points will still be competitive. Your Griffin team is always looking for better ways to serve you and we welcome your feedback. You are the backbone to our business, we appreciate you, and we want you back.

