



Conan Fitness COVID-19 Notice

23 March 2020

As of midday on 23 March 2020 the government stipulations require gyms and fitness facilities to close their doors in the effort to mitigate the spread of the COVID-19 virus outbreak.

In response, the team at Conan Fitness will comply by making the temporary changes necessary to play our part in this endeavour at the same time as trying to provide our members with as much service as is permissible.



During the period of this current ruling the following changes will be in effect:

- No Casual gym use for the time being: Use of facilities within the club are unavailable until the current directive is lifted. These memberships will be automatically suspended.
- Outdoor small group sessions available: Members who are eager to come and train at our outdoor sessions and follow our online programs can still do so at present and it would be great to see you there – just please ensure you book in by the app to help us manage spacing. We will meet in the Conan carpark and train at the park.
 - All classes will be a 'Hybrid' style workout outdoors
 - Same time slots as existing schedule:
 - AM – 5:30, 6:20, 7:15am (Mon – Fri)
 - PM – 4:45, 5:40, 6:30pm (Mon – Thur)
 - Friday 5:40pm
 - Saturday 7:00, 8:00, 9:00am

Those that prefer not to venture out at this time can easily suspend if they wish, just shoot us an email or message.

- No Veterans Classes: the over-60's group sessions will be suspended for the time being.
- Personal Training sessions suspended unless altered arrangement with instructor: PT clients can arrange with their trainer individually if sessions can be accommodated.
- 30-Day Challenge: We've set the goal to work out every single day for 30 days in a row, unbroken, with a minimum of 30 mins of work for anyone who is eager to commit. Jump on to our Facebook page to follow the journey at <https://www.facebook.com/conanfitness/>.

We'll post a session every day that you can do at home with minimal equipment as well as provide coaching tips on diet and meal planning. It's all free, so follow along and make the commitment to stick to the goal. 😊

For queries feel free to contact on 1800 791 484 or info@conanfitness.com

The Conan Team