

All,

Thank you for your patience as our Athletics Department attempts to work through so many continuing changes and circumstances that affect our overall operations, facilities, and programming. Additionally, I have been home sick with the flu, which has also not made things easy, so I ask for your continued understanding and patience.

What I can share with you as of now is that the Taylor Gym building is open today, Monday March 16 9am - 4pm. All fitness and recreation areas are closed. Locker room access is available until 3:45pm for cleaning out lockers only! Our facility directors ask that you refrain from changing or showering in the locker rooms, but instead please clean out your lockers or retrieve anything you may need from them, as Taylor Gym and locker room access is not guaranteed beyond today.

All further updates will be posted to our website, [www.lehighsports.com/recreation](http://www.lehighsports.com/recreation)

I'm a strong believer that staying fit and active is very helpful in building a strong immune system and staying healthy. I am very pleased that our partner, Les Mills, is providing our members FREE access to their On Demand platform, offering 95 free workouts across 8 categories. Les Mills will not automatically collect your data, and they have pledged access will remain available as long as disruption from the Coronavirus continues. Link to Free Les Mills On Demand workouts:

<https://watch.lesmillsondemand.com/at-home-workouts>

Additionally, our Barre instructor Angela will be hosting weekly live Barre classes through her Facebook group, Body Barre LV. You can request to join her group to gain access to her barre classes. Thanks, Angela!

This is all the information I am able to share at this time. Thank you for your patience while we continue to work out a lot of details. As said before, please continue to check our website and social media (@lehightaylorgym) for the latest updates.

Stay healthy, everyone!

Regards,

Genna Albano

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