

FORMA | GYM

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REOPENING UPDATE - 07.16.20

Dear Forma Member,

It has been great having everyone back with the re-opening of our outdoor facility. The following policies are in place to help keep our members and staff safe, and to allow us to continue operation. With everyone's cooperation, we will get through this.

- Reservations are for one-hour time periods (30 minutes for pool), and are required for entry into the club. It is very important that members respect their timeslot and leave the club at the end of their scheduled reservation in consideration of the next reservation time. Only one reservation is allowed per day. All reservations can be made on the [Forma app](#).
- There are NO drop-in workouts.
- It is MANDATORY to wear a mask while entering and exiting Forma. Entrance will not be permitted if you are not wearing a mask. This is not a Forma rule; this is a mandate from the state and county.
- You must maintain 6 feet of distance from others at all times. If at any time it is not possible to maintain 6-feet, you must wear a mask or face shield. Please do not congregate before or after classes.
- Grab a clean disinfectant spray bottle and microfiber towel to clean equipment before and after usage.

If you need to make any changes to your account, please use the [Membership Change Request form](#) rather than emailing our staff. This allows us to keep a more accurate record of requests and ensure nothing falls through the cracks. We have a team dedicated to processing the request forms quickly and accurately.

MEMBERSHIP CHANGE REQUEST

Thank you for your continued support of the club, understanding and cooperation with our policies. It is very much appreciated, keep on exercising!

Reed Snook
General Manager, Forma Walnut Creek

Faro Tahery
General Manager, Forma San Jose

REOPENING UPDATE - 07.10.20 (SAN JOSE)

Dear Forma Gym Member,

We have some good news to report. Starting Monday, July 13, a new Santa Clara County Public Health Department mandate allows for inside use of the club with some very strict restrictions.

Here is an overview of the guidelines:

1. We are required to ask the four screening questions before you enter the building, so please be kind to the Forma staff.
2. You must wear a face mask while in the building, no matter what activity you are engaged in.
3. Cardio equipment may be used at low speeds and intensity, and you must wear your mask while exercising.
4. The locker rooms will only be open for the use of toilets and sinks. We are not allowed any other use at this time (no lockers, showers, steam, spa, or sauna).
5. We will only be allowing 40 people in at a time for utilization of the outdoor turf area and inside the club. That is well below the County Health Order for people allowed per square foot. Reservations are required, and are available on the [Forma app](#) and the [website](#).
6. All the traditional distancing requirements remain in place.

Group Fitness classes will remain outside for now. We are exploring running a limited number of low intensity classes inside, like yoga, but we have not solidified that.

We are not moving any of the equipment on the turf or the pool deck back inside the club at this time. We would like to encourage members to continue enjoying workouts outside.

You will continue to enter the club on the side of the building, and can enter inside the club via the pool doors. We will have an attendant at the pool doors monitoring usage and asking the screening questions.

We are going to trial Senior hours for members 55 years and older: Monday – Friday 11:00am to 1:00pm for the inside of the club only. We will try this and see how the usage goes.

As always, our team will be working hard to keep equipment sanitized and orderly. Please help out by doing your part, and we can continue to stay fit and have fun together - but apart. Thank you and enjoy your workout.

Ralph Rajs
COO Forma Gym

If you would like to read the order, you can find it at sccgov.org/coronavirus.

REOPENING UPDATE - 07.07.20 (SAN JOSE)

Dear Forma Members,

We have a lot of excitement around our Group Fitness offerings, and I want to take this opportunity to give you an update on the department.

Since our outside reopened on June 8th, we've been working diligently to bring you the best outdoor workout experience possible. In addition to our strength and weight workout area on the turf, we currently have 12 cycle bikes on the deck overlooking the turf and 30+ Group Fitness classes in our outdoor areas. We have spaced the spots at 8 feet apart to allow for social distancing.

Starting July 6 we have:

- 4 Aqua Classes
- 7 Cycle Classes
- 11 Group Fitness Classes (Zumba, Strong Nation, Hip Hop, Groov3, Barre, conditioning, strength & resistance)
- 7 Pilates Reformer Classes
- 5 Yoga and Tai Chi Classes

We appreciate all our instructors who are working their way back into the schedule. Keep checking in frequently as we will be updating the schedule frequently.

For everyone's enjoyment and safety, please observe these guidelines while participating in Group Fitness Classes:

- Please use the designated spacing we have marked for classes
- Wear your mask before and after classes
- Sanitize your equipment before and after classes
- Work with other class participants to maintain social distance
- If you cannot make your reservation, please cancel your reservation to make room for someone else who may be waiting.

Things are moving fast and keeping everyone up-to-date is a challenge. To make things easier for you, the Group Fitness Schedule will be available on the website and a hard copy will also be available at the club. We ask for you to reserve a spot for all classes. Reservations are

available on the [Forma app](#) three days in advance. If for any reason you need help navigating any part of this, give us a call and we will be happy to help: (408) 363-1010.

Our [virtual classes](#) are still active, and we are adding classes for your convenience. Starting next week, we've added BollyX Fitness, Active Aging, Pilates Fusion and HIIT Pilates to our existing online schedule that includes: Zumba, Boot Camp, Balance & Core, Body Power Sculpt, Groov3, Pilates Conditioning, Hip Hop, Cycle, Bodyweight Blast and more.

[Virtual Class Schedule](#)

[Download Forma App](#)

On behalf of the Group Fitness and Pilates Teams, we thank you for your support and cannot wait to see you back in class. We have missed you!

Meghan Robertson, Group Fitness Director
Yuki Yoshii, Pilates Director

REOPENING UPDATE - 07.03.20 (WALNUT CREEK)

Dear Forma Members,

We have a lot of excitement around our Group Fitness offerings, and I want to take this opportunity to give you an update on my department.

Since our outside reopened on June 8th, we've been working diligently to bring you the best outdoor workout experience possible. In addition to our strength and weight workout area on the turf, we currently have 12 cycle bikes overlooking the pool and 30+ classes in our 3,500 square foot Group Fitness pavilion. We have spaced the spots at 8 feet apart to allow for social distancing.

Starting July 6th, our weekly schedule includes:

- 10 Aqua Classes
- 9 Cycle Classes
- 12 Group Fitness Classes (Zumba, Body Sculpt, Step, Balance)
- 7 Pilates and Yoga Classes

We appreciate all our instructors who are working their way back into the schedule. Keep checking in as we will be updating the schedule frequently.

For everyone's enjoyment and safety, please observe these guidelines while participating in Group Fitness Classes:

- Please use the designated spacing we have marked for classes
- Wear your mask before and after classes
- Sanitize your equipment before and after classes
- Work with other class participants to maintain social distance
- Please cancel your reservation if you find you're not able to attend so that someone else may come and enjoy the class

Things are moving fast and keeping everyone up-to-date is a challenge. To make things easier for you, the Group Fitness Schedule will be available on the [website](#) and paper copies will be available at the club. We ask for you to reserve a spot for all classes. Reservations are available on the [Forma app](#) three days in advance. If for any reason you need help navigating any part of this, give us a call and we will be happy to help: (925) 932-6400.

Our [virtual classes](#) are still active, and we are adding classes for your convenience. Starting next week, we've added BollyX Fitness, Active Aging, and HIIT Pilates to our existing online schedule which currently includes: Zumba, Boot Camp, Balance & Core, Body Power, Sculpt, Groov3, Pilates Conditioning, Hip Hop, Cycle, Bodyweight Blast and more!

[Virtual Class Schedule](#)

[Download Forma App](#)

On behalf of the entire Group Fitness Team, we truly appreciate your support and cannot wait to see you back in class. We have missed you!

Megan Keyser
Group Fitness Director

REOPENING UPDATE - 07.03.20 (SAN JOSE)

Dear Forma Members,

We are delighted to see so many members utilizing the outdoor workout area at Forma San Jose. In order to maintain the safest and most enjoyable environment for all, starting Monday July 6, we will have a reservation system for general open workouts. Your reservation can be easily booked through the Forma Gym app. If you don't have the app yet, you can [download it here](#). We do ask that you limit your workout time to 90 minutes. Drop-ins will only be accepted if we are well below our 36-person target. We highly encourage members to use the reservation system.

Our Holiday Hours on Saturday, July 4th will be 7:00am - 2:00pm, and starting July 6th, we have extended our weekday hours of operation to 6:00am - 8:00pm.

Friendly Reminders:

- Work together to social distance while working out and throughout the club
- Wear your mask while moving about the club
- Sanitize your equipment before and after use
- Have fun!

Thank you all for your support and cooperation.

Ralph Rajs

COO

REOPENING UPDATE - 06.29.20 (WALNUT CREEK)

Dear Forma Gym Members,

Contra Costa County sent out a notice earlier today *“delaying the opening of business and activities previously planned for July 1 until COVID-19 outbreak in Contra Costa County is better contained.”*

There was no mention of an anticipated date to open inside the club, so we will have to stand by.

Consequently, we are making adjustments to make the outdoor experience at Forma Gym even better. Here is an overview of the changes we are making:

- We added more strength equipment to the tent area. This will allow us to expand the reservations and have more people working out while maintaining the proper distancing. This area is done and ready to go.
- We are expanding our weekday hours on July 6th to 6am-8pm. That is slightly different from the hours we posted when we thought we were going to get inside. This will help with swim lanes and general use of the space.
- We are working feverishly to get our virtual class broadcast studio set up so we can continue to expand the virtual offering and the broadcast quality.
- We added more Group Fitness classes, including water classes, for this week and next week.

I want to thank the entire team at Forma Gym for all their hard work and flexibility in these last couple months. They continue to adapt to the changing environment to bring you the very best and safest opportunity to stay fit and healthy during these unpredictable times.

A few friendly reminders –

- Wear your mask entering the club space and walking about outside.
- Sanitize before and after you use a piece of equipment. We have staff on duty but we also need your help.
- Work together to social distance yourself from others. It takes a little coordination but we can do it.

Ralph Rajs
COO

REOPENING UPDATE - 06.06.20 (WALNUT CREEK)

Dear Forma Members,

As you may have noticed, about 30 minutes after we sent the update yesterday afternoon, Contra Costa County updated their guidelines to allow for outdoor and pool use. As a result, I'm excited to announce that starting Monday, June 8th at 11am, we are opening the turf and pool areas for member use. The Forma Gym team has been working very hard to create a great environment for you. We are starting with sign-up only participation (no drop-ins) for the particular activities offered. There will be some open workout time, but it will be limited in this phase (more details below).

Available on Monday:

- Cycle - We have moved 12 bikes to a new shaded spot on the pool deck
 - [Make reservation here](#)
- Turf - We will be offering a variety of Group Fitness classes. This is very dynamic; Meg is working on the schedule and lining up instructors as I write this.
 - In between classes, the turf area will be available for open workout time and personal training by reservation.
 - [Make Open Workout reservation here](#)
 - [Request Personal Training session here](#)
- Pool – We will have lap swimming and Aqua classes by reservation only.
 - One person to a lane unless from the same household, with a time limit of one 30-minute session daily per person.
 - [Make reservation here](#)

After June 8th, our temporary outdoor area hours will be:

Monday - Friday: 8am - 7pm

Saturday + Sunday: 7am - 6pm

We will be using the back parking lot entrance into the pool area where an attendant will check that you have a reservation for a lane, training session, open workout or class. We will be evaluating for the week of June 15 and making necessary adjustments. No guests will be permitted at this time.

The Big News

The big news is we have purchased a big open-sided tent to be placed in the parking lot to have an expanded fitness offering while staying outside. It's large enough that we will be able to offer additional open strength time for members to work on their own. Barring any delays, the tent is scheduled to arrive Wednesday, and we will get right on the set up. Many more details to come on this, so please stay tuned.

Staying Informed

We want to help keep you up to date on everything happening at Forma Gym. One of the great ways to stay connected to Forma information and sign up for classes is through the App.

[Download the Forma app here.](#)

REOPENING UPDATE - 06.05.20

Dear Forma Members,

Earlier this week, the Bay Area counties issued an update on athletic activities reopening in our area. The orders are slightly different between Santa Clara and Contra Costa counties so I broke out the two clubs. Unfortunately, we still cannot access inside the clubs, but we are moving hard and fast to set up amazing outdoor facilities at both clubs.

Forma Gym San Jose

At this writing, the county of Santa Clara has said that outdoor activities and pool use have been OK'd as of Friday, June 5. I am super excited to announce we will open the San Jose outdoor area on Monday, June 8th from 11am to 7pm.

After June 8th, our temporary outdoor area hours will be:

Monday - Friday: 8am - 7pm

Saturday + Sunday: 7am - 6pm

Drop-in training will be available on a limited basis. We will be limiting access if necessary. Masks must be worn entering and moving about the outdoor area. It is permissible not to wear a mask during exercise. Please know this is just the starting point. I anticipate being able to add classes and hours in the near future.

The outdoor workout opportunities will be:

- **Lap swimming by reservation:** [Make reservation here](#)
 - 30-minute sessions
 - One person per lane
 - Temporary Pool hours *after Monday, 6/8* are 8:00am-6:30pm
- **Limited Group Fitness schedule:** We are actively working with instructors to build the schedule as quickly as we can. Please keep checking back [here](#) over the next few days and weeks.
 - Classes will not use equipment (including water classes)
 - Cycle classes will take place on redwood deck
 - All other classes will be on the lower turf area
- **Personal Training sessions:** [Request session here](#)

We will be using the south outside entrance into the pool area where an attendant will check that you have a reservation for a lane, training session, or class. Additional shade and water-cooled fans have been added to the turf and deck area. We will be evaluating for the week of June 15 and making necessary adjustments. No guests will be permitted at this time.

Forma Gym Walnut Creek

The order that came out from Contra Costa County was not quite as open. Next week, we will continue to prepare the pool and turf area for use whenever we are given the word.

- The cycles will be set up under a shade cloth on the upper pool deck.
- A Group Fitness Studio will be set on the turf.
- A Personal Trainer area will also be established on the turf area.

We are finalizing the plan to create an awesome outdoor workout space in the Walnut Creek parking lot which will allow members to safely spread themselves out in a cooled and covered outdoor area. We are very excited for the potential of this space, so please stay tuned.

In Contra Costa County, we are able to run swim camps. We are starting sign-ups and creating an interest list so we better know how to schedule and staff. [Join the Interest List.](#)

Staying Informed

We want to help keep you up to date on everything happening at Forma Gym. One of the great ways to stay connected to Forma information and sign up for classes is through the App.

[Download the Forma app here.](#)

On the app, you will find, among other things, links to these updates and all other updates related to the club. For instance, we added a Balance + Core class and a Body Power class to the [Virtual Class Schedule](#) this week. Under the Challenges tile on the app, you can join our June Workout Challenge: Workout 12 times during the month and you will be entered into a drawing for one of 5 MyZone belts or one of 5 subscriptions to our online health coaching platform, [Well Choices](#). Just connect your favorite fitness app, and it will automatically record your workout into the Forma

Gym app. My favorite is [Strava](#), you can find me there @RalphRajs. If you have questions about the app, or how to connect, please contact michele@formagym.com.

A second way to stay up-to-date is through the [Forma Gym website](#). We have developed a special “*At Home Resources*” section that has all updates, Virtual Class Schedule, and special discounts with vendor partners. I hope this helps you to get the information you need.

Please know we are doing our very best to keep our members and staff safe, stay within the rules the counties have put out, and open access to members.

REOPENING UPDATE - 5.29.20

Dear Forma Members,

We are eagerly awaiting any information from the county pertaining to reopening and will provide updates as soon as we hear something. In the meantime, we are currently working on a new page for [our website](#) that will serve as a central resource for updates and [past FAQs](#).

Thank you to everyone who responded to [last week's survey](#), all 372 of you. We can see that having a variety of virtual options that compliment your in-club membership will be important as we plan for life after reopening. Of the responders, 26% said they are currently participating in online classes and 33% said they were interested in virtual classes after we open. We will continue to look at how we transition the virtual classes when we reopen and keep some of them as part of the overall schedule.

We are launching a couple of new virtual programs now with special pricing offered while we are closed, and we will continue with these programs after we are back open:

- **MyZone Virtual Membership:** Using a [MyZone heart rate monitor](#) is a great way to be able to connect with friends, monitor your fitness progress, participate in challenges, and receive virtual fitness coaching. I have been using one for many years and have really enjoyed the community I am a part of.
- **Well Choices Health Coaching:** This is a fully [virtual nutrition coaching program](#) that will help members improve their health and happiness through positive habit change and lifestyle modification. The company has been around for many years mostly working through doctors. We have been able to create a relationship that allows Forma members to participate.

As a reminder, I have included the [current virtual class schedule](#) and the link to [schedule a complimentary fitness assessment](#) with one of Forma's fitness coaches.

A couple other items of note from last week's survey. A little more than 51% of you said you would be more comfortable doing Group Fitness classes outside, 44% more comfortable with weights outside and 41% cardio equipment outside. To that end, we are creating Group Fitness opportunities outside at both clubs. We will utilize the pool deck and turf areas to create designated spaces for these different activities.

REOPENING Q & A - 5.20.20

Dear Forma Members,

I want to thank everyone who emailed me back after last week's Q&A with additional questions, suggestions, and nice comments. I received over 100 emails, and I enjoyed interacting with everyone. This week, I took the most common questions and added more detail to the answers for hopefully a clearer explanation. I also want to bring everyone up to date on the work that has been done in the clubs since we have been closed.

Please know there are many details about opening that we won't know until guidelines are issued by our counties or the state. These are the best answers I have at this moment.

When will the club open?

We are working with an opening date of June 3; that is the best estimate currently. As soon as we hear anything else, we will inform all of you.

Will the pools be open, and will there be water classes when the club reopens?

Yes – we are anticipating being able to open the pools and conduct water classes in the first phase of the club reopening. In states where clubs have been able to open, pool opening along with the clubs has been consistent.

Will the steam, sauna, and spa be open when the club first opens?

No – we will not be opening the steam, sauna, spa (hot tubs) in the first phase of reopening. The primary reason is because the areas and rooms are tight, and it would be nearly impossible to effectively distance in and around the rooms.

Will the lockers rooms be open?

My best answer right now is that the lockers, showers, and toilets will be available. Unless we get direction to the contrary, that is our plan. We will be asking for your help to socially distance in the locker rooms and only use these facilities if necessary.

Group Fitness – Lots of general questions, here is the overview:

There has not been consistency from states that have opened on being able to start with group fitness classes or not. If we are allowed to we certainly will, with a reservation system and participant caps for all classes. We will start with a partial schedule, gauge demand, and add as needed until we eventually get back to the full schedule.

We are also looking at doing classes outside, along with a few other things. Below is a link to a short 5-question survey that will help us to best plan how to use the outdoor areas. It would be a huge help if you could fill this out for us.

[Complete Survey](#)

Our teams have been working hard at the clubs making improvements. Here are the major things that have been done.

What we have accomplished at Walnut Creek:

- Remodel Kidzville
- Replace 50 locker locks
- Painted fitness floor
- Painted the women's locker room
- Painted Group Fitness Studio
- Resurfaced and painted pool deck
- Replaced all HVAC filters
- Replaced the carpeting with laminate floor in women's locker room
- Replaced and added shade elements in the pool area

What we have accomplished at Almaden Valley:

- Completed the interior painting
- Replaced and add shade element to the turf area
- Repaired a major pipe that runs under the women's locker room showers
- RegROUTED shower area
- Repaired surface under the outdoor turf
- Replaced all HVAC filters
- Removed the carpet under the cycles upstairs
- Replaced stained ceiling tiles

Thank you for hanging in there with us; we are excited for what the future holds. On behalf of the entire Forma team, we are very much looking forward to seeing you back at the club.

REOPENING Q & A - 5.13.20

Greetings Forma Members,

Please find below some of the common questions we have been asked. These questions answer what we currently know, and we will be updating as new information becomes available. There is a great deal we still do not know about what the restrictions will be when we open. My goal is that when you come back to the club, you will know what to expect and are assured we are taking proper measures to keep you and our associates safe.

If I paid for services prior to the close, are they still in the system?

Yes, all services remain in the system and will be ready to reactivate when that particular service is restored.

Will there be reduced hours when we resume operation?

We will resume operation with reduced hours in order to give us enough time to sanitize the club and also to allow our staff to get acclimated to work life. Initially, our hours will be 6:00 am to 9:00 pm Monday through Friday, and 7:00 am to 7:00 pm Saturday and Sunday. As traffic increases and we are able to reopen additional services, we will extend the hours.

How will the club be sanitized?

The Forma team is well prepared to sanitize the club during operating hours and after we are closed. We have ensured the sanitizing products we are using are on the CDC list of effective products.

We will be staffing up for continuous spot sanitation and space turnover like in the Group Fitness studios. After hours, we have a cleaning protocol that ensures we will be ready to open the next day. We will also be asking the members to help out by using the provided wipes and cleaners to clean behind yourself. Together, we will keep the club well sanitized.

What other sanitation measures will I see at the club?

We are working at reducing the touch points throughout the club, especially at the Welcome desk. We will be revamping Group Fitness class reservations and the guest check-in process. Also, when we reopen we will be going cashless. You will be able to charge on a credit card at the point of sale or onto a credit card on file that is securely encrypted and stored in the system.

Have you researched your sanitation products?

We definitely have. All the products we are using are on the EPA list for killing COVID-19. We will have sanitizing wipes, hand sanitizer, and sanitizing product in spray bottles in every department and stationed throughout the club for easy access. We have purchased a fogger system and we will be using that to disinfect high traffic areas of the club and the club as a whole. We have also purchased an oxygenation system that allows us to have a disinfecting option for different uses in the club that is also a green solution.

Do I need to wear a mask when I am visiting the club?

We will be adhering to all state and county guidelines as it pertains to wearing masks in the club. Members should plan to have a mask handy and use it at some point during your visit. We will have more details as we get closer to reopening.

What will Forma be expecting from members?

We will be asking all members to follow the good citizen guidelines they have been following since the outbreak began. Practice good social distancing, sanitize equipment after use, stay home if you are not feeling well, and generally be considerate of other people.

What if I see a member not following the guidelines?

We understand that people are going to have different concerns and comfort levels coming back to the club. If you see a member doing something you think is outside good safety practice, please inform a staff member. Please DO NOT address the other member directly, let us take care of it.

Are the air conditioning units serviced and working properly?

The coils have been cleaned and filters changed on all the air conditioning units to ensure proper air exchange in all areas of the club.

Will the group fitness classes and schedule be the same as before?

You will see a great deal of changes in the group fitness department. All the measures put into place are first and foremost for your safety and the safety of other members and staff. When we are allowed to open classes, we will do so with a reduced schedule until we are all more comfortable. We will be asking members to register for all classes ahead of time so we can ensure safe limits. We are staggering class start times to allow for studio sanitation and to avoid cross traffic at the doors. We will limit the amount of equipment used in classes to reduce handling and we will be removing items like yoga mats, bolsters and blankets. Members will be asked to bring their own yoga mats.

We are evaluating how we can use our outdoor areas as additional class space as weather permits. More details to come on this topic.

Thank you for your support. We are very excited to be focusing on reopening the clubs. Please watch for more information in the coming weeks.

Sincerely,
Ralph Rajs
COO