

# FORMA | GYM

PLAY • GROW • LIVE • EVERY DAY

## CLUB UPDATE - 10.25.21 (Walnut Creek)

We have exciting news to share! Contra Costa County has announced that as of November 1st, members will no longer have to wear masks inside the building. In Contra Costa County, COVID-related hospitalizations are down to 69 from a summer high of 227 in August. Case rates in the county have seen a similar decline over the past two months.

To make things even more exciting, Kidzville will be reopening on November 1st. Please stay tuned for more details in the coming days!

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## CLUB UPDATE - 10.20.21 (Walnut Creek)

Dear Forma Members,

We would like to introduce you to the new General Manager of Forma Walnut Creek, Faro Tahery. He has been with the Forma Family as General Manager at our San Jose location since 2015, and we are excited to have him at both clubs to provide all our members with the outstanding hospitality he is known for.

From Firefighter to Forma GM

Faro Tahery joined Forma after a career in people-facing industries, including time as a firefighter, a restaurant owner and an auto service station owner.

“As a firefighter, you’re servicing the community,” says Faro, who worked for a Southern California fire department before going into banking and, later, forming several successful customer service business. He says that, in all of these roles, the most important character trait is listening and responding to people’s needs. “Plus, unlike an auto repair business or firefighting, at the gym, everyone comes in for happy reasons,” says Faro. “They confide in us, we build deeper connections every day and we get to be part of their lives, watching all the positive change they make.”

Faro most enjoys the positive, uplifting environment of Forma Gym and prides himself on taking great care of the members and staff. In his free time, Faro enjoys the beach, hiking, watching sports, and animals. Make sure to say hello and give Faro a warm welcome to Walnut Creek!

## CLUB UPDATE - 09.20.21 (Walnut Creek)

Dear Forma Members,

As you may know, Contra Costa County has put out a new countywide health order that increases Covid-19 safety in restaurants, gyms, and other indoor businesses. The new order, effective Wednesday, Sept. 22nd, requires that members ages 12+ show proof that they are fully vaccinated or a negative Covid test result from the past 3 days to enter the club. Masks that cover your mouth and nose are still required indoors regardless of vaccination status.

You can show proof of vaccination by showing one of the following items:

- Your CDC vaccination record card or a copy/photo of your card
- Your digital vaccine record issued by the CDC
- Documentation from your healthcare provider stating you are fully vaccinated
- Proof of vaccination is for verification purposes only. We will not store a copy of your record, and once we have verified your proof of vaccination, you will not be asked again.

Unvaccinated members must show a negative COVID-19 test result received in the past 3 days. The results must be from a nucleic acid (PCR) or antigen test that detects a COVID-19 infection.

- Tests are available through your healthcare provider, county-run sites, and state-run sites.
- A letter from your healthcare provider stating the result of your COVID-19 test and the date the test was performed can also be used as proof.
- Forma Gym will work with members who require medical or religious accommodations. Please contact the club as soon as possible.

To make this a little easier on both members and staff, we will be accepting proof of vaccination starting today at the Welcome Desk. We appreciate your patience and support as we work our way through this. Please be kind to our staff and to each other.

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## CLUB UPDATE - 06.14.21

Dear Forma Members,

As you likely know, the Governor has announced that the state will fully reopen tomorrow, Tuesday, June 15. The new rules from the California Department of Public Health states that masks are not required for fully vaccinated individuals but they are required for unvaccinated individuals in indoor businesses. It is up to you, the Forma Gym member, to follow the guideline you fall under. We welcome anyone who feels more comfortable wearing a mask in any part of the club to please do so.

With the 6-foot distancing requirement also going away, you will see a number of changes around Forma Gym in the next couple weeks as we ease into this new way of doing business. Please see below. We would like to thank all of our members for your business and your friendship, and I am sure we are all excited about this next phase.

### **Cardio Areas**

This week, all of the equipment in the Cardio Room will be available for use. We will maintain our current disinfection protocols and we continue to ask that you always wipe down equipment before and after you use it. Select pieces of cardio equipment will be available for use outside as we know members have really come to enjoy the outdoor environment.

### **Strength Spaces**

We are delighted to have added many new strength pieces at both clubs. We will continue to rebalance equipment as demand shifts, but rest assured, we will keep the outdoor workout option available.

### **Steam, Sauna and Spa**

Many of you have asked and I am very happy to report the steam, sauna, and spa are open and ready for your enjoyment.

### **Face Masks for Staff**

The state guidelines say that staff must remain in masks regardless of vaccination status at least until June 29, or when new guidelines are handed down by Cal OSHA.

### **Group Fitness**

In Group Fitness, we are pleased to announce that class capacities will increase so we can better accommodate more members. We are also adding more classes as the studios get busier. Please check the [website](#) and the Forma Gym App for the latest class and event additions. We will be keeping the outdoor Group Fitness Pavilion and cycle classes going for the foreseeable future. We will also continue to use reservations for Group Fitness classes.

Thank you for your support as we enter this phase at Forma Gym. It's going to be a terrific summer, and we look forward to seeing you often at the Club.

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## **CLUB UPDATE - 03.12.21**

Dear Forma Members,

Great News – we have reached the red tier, and we are cleared to open inside at 10% capacity. We are bringing in selected weights and machines from outside to allow us to safely

accommodate more members for indoor workouts. Cardio machines that have been appropriately spaced are also available for use. We will be moving things around in the next couple of days, but we are ready to welcome you back inside Monday, March 15 at 1pm.

Under the red tier, members are still required to wear masks while inside the building at all times. We also ask that both members and our Care Team continue to do a great job disinfecting equipment before and after use. Showers and bathrooms are available, however, steam, sauna, and spa are still not allowed.

We look forward to seeing you back at the club!

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## **CLUB UPDATE - 02.03.21**

Good news Forma Friends!

It was announced Tuesday, February 2, 2021 that masks are now optional while exercising outside. You still need to wear your mask while checking in, moving about the club, and at all times while indoors. It is also very important to maintain 6 feet of distance at all times from people outside your household. As always, please sanitize before and after equipment use and be considerate of other members.

The California Department of Public Health has advised that individuals exempt from wearing face coverings include "persons who are outdoors and maintaining at least 6 feet of social distancing from others not in their household. Such persons must have a face covering with them at all times and must put it on if they are within 6 feet of others who are not in their household."

In addition, Contra Costa County health officials have advised that it is not mandatory to wear a mask while exercising outdoors as long as 6 feet of social distancing is maintained.

For more information, please visit <https://www.cdph.ca.gov>.

If you have not been to the Club recently, we invite you to come take a look at the great things going on. If you are ready to re-activate your membership, please click the link below and submit your request. We look forward to seeing you at Forma Gym!

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## **CLUB UPDATE - 01.20.21**

Dear Forma Members,

Happy New Year to you and yours. We have been back to 100% outside workouts for a couple months now and have settled into a new routine. Although it's cold in the mornings, many hearty members are regularly using the club's extensive outdoor facilities, and doing a good job complying with the county's mask regulations. We admire and appreciate everyone's commitment to their health and well-being. We know exercise is a key component in keeping a strong immune system and a positive mental outlook, and we are grateful to be able to support you in this endeavor.

For all our members, including those who are on suspension, we would like to offer you a couple of free services.

1) If you would like some help designing or updating your at-home or in-club fitness routine, our Fitness Directors would love to help you with a complimentary 30-minute consultation. This can be done in person, via phone, or Zoom appointment. To make an appointment in San Jose, email [fritzie@formagym.com](mailto:fritzie@formagym.com). For Walnut Creek, email [kevin.jack@formagym.com](mailto:kevin.jack@formagym.com). We also have an extensive library of Forma Instructor-taught Group Fitness classes you can take from the comfort of your own home. You can access those classes [here](#). Finally, we invite you down to the clubs to see what's going on, check out our [safety precautions](#), and say hello to the team.

2) We invite you to [sign up](#) for the 2021 Forma Gym Mileage Club. For our traditionalists, track your workouts at home or in the Club. We will be updating the boards in the hallway for tracking ease. If you are working out at home right now, keep track of your workouts with the [MC21 Tracker](#) and we will update the board for you when you get back. Completing 100 workouts in 2021 makes you eligible for your Mileage Club T-Shirt.

3) We are challenging you with a run/walk goal of 500 miles and 2,021 bike miles goal. [Click here](#) to connect to the Forma Gym Strava Club and share your progress.

Let's keep moving together in whatever way we can until we get to the other side of this.