

# gsFITNESS



Home of  
**REFIT®**  
Kalamazoo



@refitkalamazoo



@refitkalamazoo

[WWW.ITLBFUN2DANCE.COM](http://WWW.ITLBFUN2DANCE.COM)

# gsFITNESS

Exercise is essential for improving overall health, maintaining fitness, and helping to prevent the development hypertension and cardiovascular disease.

gsFITNESS offers multiple class formats structured for the purpose of conditioning the body, mind and soul.

Our class offering consists of cardiovascular conditioning, strength and resistance training, and flexibility.

For a complete list of our classes and schedule, please visit [LBFun2Dance.com](http://LBFun2Dance.com)

## What is REFIT Kalamazoo?

What happens when you mix a little bit of sparkly, a little bit of sassy and whole lot of crazy? Nothing short of a contagious REVOLUTION. A fitness concept that started with one simple question: WHAT IF FITNESS WAS MORE THAN FITNESS?

We believe the heart is more than a muscle, That a person is more than a body, That relationships are as important as results We believe that fitness isn't just for the fit, IT'S FOR THE WILLING.

REFIT Kalamazoo is the collaboration of three passionate and energetic group fitness instructors. Our goal is to cultivate community and develop healthy relationships through fitness.



# MEMBERSHIP PLANS

**\$487**

1 YEAR UNLIMITED

**\$135**

3 MONTH UNLIMITED

**\$48**

1 MONTH UNLIMITED

**\$54**

12 CLASS PUNCH CARD

**\$5**

SINGLE CLASS DROP-IN

*~ All prices are subject to change ~*

**We accept Cash and Check**

Please make checks payable to  
Angie Foster-Goodrich

**CLASSES OFFERED  
6 DAY EACH WEEK  
MONDAY THRU  
SATURDAY**

## Our Classes

- REFIT® Cardio Fitness
- REV+FLOW by REFIT
- Cardio & Tone
- Classic Step Aerobics
- Barre
- Pilates
- Yoga

Full class schedule  
can be found on our website:

[ITLBFUN2DANCE.com](http://ITLBFUN2DANCE.com)

and

Facebook: [REFITKalamazoo](https://www.facebook.com/REFITKalamazoo)

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**gsFITNESS**  
**HOME OF REFIT KALAMAZOO**

gracespring Bible Church

8643 Gull Road

Richland, MI 49083




Phone: 269.629.9622


email: [gsFITNESS@gracespringchurch.org](mailto:gsFITNESS@gracespringchurch.org)

# WEEKLY CLASS SCHEDULE

## gsFITNESS

Effective November 2, 2020

MON	9:00 AM: Classic Step with Angie	10:15 AM REFIT® with Megan 	5:30 PM Pilates with Angie
TUES		11:00AM Walking Club ~FREE~	5:30 PM: REFIT® with Angie
WED	9:00 AM: Classic Step with Angie	10:15 AM: Yoga with Angie	
THURS		10:15 AM: Cardio Tone with Colleen	5:30 PM: Classic Step with Angie
FRI	9:00 AM: Classic Step with Angie	10:15 AM: REV+FLOW with "MAC" 	
SAT		10:15 AM: REFIT® with "MAC" 	

  
Class will be live  
streamed on  
Zoom

# gsFITNESS

## Walking Club

Join this fun, free 40-minute outdoor social group each week for an instructor-led amble on one of the many paths in the Kalamazoo area.

**All fitness levels welcomed!**

Weekly walk locations will be posted on the REFIT Kalamazoo Facebook page by Sunday evening.

# gsFITNESS

## Zoom Instructions

Please refer to our **Weekly Fitness Class Schedule**, to see which classes are being streamed **LIVE** on Zoom.

### **FOLLOW THESE STEPS TO ATTEND:**

- Email us at [gsFITNESS@gracespringchurch.org](mailto:gsFITNESS@gracespringchurch.org) **no later than 5:00pm the evening before** to let us know you would like to attend.

#### **Email example:**

*My name is Bobby Flay, I have a 3-month membership plan. Please send me the Zoom link for Monday's REFIT class at 10:15am. Thank you.*

- We will email you the link to attend the class no later than 30-minutes prior to the class start time.
- New to Zoom? Click [here](#) to learn how to "Join a Meeting"

**Zoom classes will be available  
for ALL Membership plans.**

*Please note: recordings will NOT be available.*

# gsFITNESS

## Cancellation Procedures

### **Weather:**

gsFITNESS classes will be canceled should Gull Lake Schools close due to weather. Please follow [WWMT.com](http://WWMT.com) for cancellation updates.

### **Non-Weather:**

Should gsFITNESS need to cancel classes for any reason other than weather, we will send out a text message and post a message on Facebook: [@REFITKalamazoo](https://www.facebook.com/REFITKalamazoo).

# gsFITNESS

## COVID-19 Procedures

The following guidelines will be evaluated and updated regularly based on the latest CDC and government guidelines.

gsFITNESS reserves the right to cancel classes and/or hold classes virtually if it is necessary for the health and safety of our instructors and members/participants.

All members/participants attending in-person classes must agree to the policies below and must read, sign, and return our COVID-19 WAIVER before attending classes.

As of October 5, 2020 Kalamazoo, County health officials issued a statement recognizing all current Executive Orders. MDHHS has executive powers during a pandemic. View their most recent order below.

[Kalamazoo County Statement on MI Supreme Court ruling](#)  
[MDHHS Executive Order 10/9/20](#)

## Class Members/Participants

- Please bring the absolute minimum inside the church venue.
- Please bring a water bottle you can easily open/drink.
- Please do not bring food into or eat in the building.
- Please bring an extra mask (they can break or get sweaty).

**ALL members/participants are required to wear a mask during in-person instruction. (EO 2020-175.13c)**

### MASK GUIDELINES:

- Provide full coverage of mouth and nose, fit snugly, but comfortably against the side of the face, and be secured under the chin.
  - Open chin triangle bandannas are NOT allowed.
- Masks must be made with a minimum of two layers of breathable material
  - Single layer neck gaiters or Buffs are NOT allowed, unless layered or doubled.
- Masks should NOT contain valves.
- Masks should NOT be made of mesh material or have holes of any kind.
- A face-shield is acceptable in the event that a mask will prevent one from exercising safely (i.e. STEP aerobics or health condition).



## Arrival Procedures

- Please arrive 10 minutes prior to class start time to allow for check-in.
- Enter through the circle drive doors.
- The doors to the venue will be clearly marked for ENTRY and EXIT.
- Instructors and participants are required to wear a face mask while in the building.
- Please use hand sanitizer upon entering the building. **(EO 2020-175.13h)**

## Class Procedures

- In-person class size will be limited to 22 participants.
- Instructors and participants will be required to wear a face mask DURING all classes.
- Participants will be spaced approx. 10-feet apart to ensure social distancing.
- There will be no physical contact between non-family participants at any time.

## Cleaning/Safety Procedures

- The gracespring team routinely cleans the building.
- We will provide wipes to clean any equipment used.
- We encourage the use of hand sanitizer (provided).

## Illness Procedures

- Please, do not come to class if you have a cough, fever or are sick.
- Please, do not come to the studio if you or someone you have been exposed to tested positive, or had COVID-like symptoms, within the past 14 days.
- Please, do not come to the studio if you have traveled to an [area where there are high amounts of COVID-19 cases](#) for 14 days upon returning to our area.
- Anyone testing positive for COVID-19 must remain home until they have been cleared by a doctor and must provide documentation.
- Anyone testing positive should for COVID-19 within 14 days of attending an in-person class, please notify one of the instructors. We will contact the appropriate attendees of the potential exposure. Please know your identity will remain confidential.

***Thank you for adhering to these guidelines.  
These guidelines have been put in place to  
keep our gsFITNESS community safe.***

# **gsFITNESS PARTICIPANT AGREEMENT OF RELEASE AND WAIVER OF LIABILITY**

**Because physical exercise can be strenuous and subject to risk of serious injury, we urge you to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise activity.** You agree that by participating in physical exercise or training activities, you do so entirely at your own risk. You agree that you are voluntarily participating in these and assume all risks of injury, illness, or death.

**I hereby agree to the following:**

**That I am participating in the fitness classes offered by gsFITNESS and/or guest instructors during which I will receive information and instruction about health and fitness.** I recognize that fitness programs require physical exertion that may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved. I understand that it is my responsibility to consult with a physician prior to, and regarding, my participation in the fitness classes or workshops. I represent and warrant that I am physically fit, and I have no medical condition that would prevent my full participation in the exercise classes or workshops. In consideration of being permitted to participate in the fitness classes or workshops, I agreed to assume full responsibility for any risks, injuries, or damages, known or unknown, which I might incur as a result of participating in the program. In consideration of being permitted to participate in the fitness classes or workshops, I knowingly, voluntarily and expressly waive any claim I may have against gsFITNESS and/or their guest instructors for injury or damage that I may sustain as a result of participating in the program. I, my heirs, or legal representatives forever release, wave, discharge, and covenant not to sue gsFITNESS and/or guest instructors or injury or death caused by their negligence or other acts.

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_ PHONE #: \_\_\_\_\_

EMAIL: \_\_\_\_\_

# Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. gsFITNESS and guest instructors **cannot guarantee that you will not become infected with COVID-19**. Class participation could increase your risk of contracting COVID-19.

## **READ CAREFULLY BEFORE SIGNING – PLEASE INITIAL EACH PARAGRAPH**

\_\_\_ INITIALS By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19 by participation in classes; and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 may result from the actions, omissions, or negligence of myself and others, including, but not limited to, GsFITNESS and/or guest instructors.

\_\_\_ INITIALS I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I may experience or incur in connection with my participation in classes led by GsFITNESS and/or guest instructors. On behalf, I hereby release, covenant not to sue, discharge, and hold harmless GsFITNESS, guest instructors, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of GsFITNESS and/or guest instructors, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in classes.

\_\_\_ INITIALS I represent that I have adequate insurance to cover any injury or illness I may suffer or cause while participating in this activity, or else I agree to bear the costs of such injury or illness myself. I further represent that I have no medical or physical condition which could interfere with my safety in this activity, or else I am willing to assume – and bear the costs of – all risks that may be created, directly or indirectly, by any such condition.

\_\_\_\_ INITIALS By signing this document, I agree that if I am exposed or infected by COVID-19 during my participation in classes, then I may be found by a court of law to have waived my right to maintain a lawsuit against the parties being released on the basis of any claim for negligence.

\_\_\_\_ INITIALS I have had sufficient time to read this entire document and, should I choose to do so, consult with legal counsel prior to signing. Also, I understand that this activity might not be made available to me or that the cost to engage in this activity would be significantly greater if I were to choose not to sign this release, and agree that the opportunity to participate at the stated cost in return for the execution of this release is a reasonable bargain. **I have read and understood this document and I agree to be bound by its terms.**

\_\_\_\_ INITIALS If I have signed a separate general waiver of liability connected to my participation in classes with GsFITNESS and/or guest instructors, I agree that the terms of that waiver are wholly incorporated into this document and that the terms of this document are incorporated into the separate general waiver.

\_\_\_\_ INITIALS **I agree that I will practice safe social distancing and clean hygiene during my participation in** classes held by GsFITNESS and/or guest Instructors.

Signature: \_\_\_\_\_

Printed Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, ST, Zip: \_\_\_\_\_

Phone#: \_\_\_\_\_

Date: \_\_\_\_\_