

COVID ROADMAP



◀ IF THINGS GET WORSE

AS THINGS GET BETTER ▶

STEP 1	STEP 2	STEP 3	STEP 4	COVID NORMAL
Online only	Outdoors restricted	Outdoors less restricted <i>Coffee shops are open!</i>	Indoors restricted	
OUTDOORS				
✘ Closed	✓ Lockdown Lane (2)	✓ Lockdown Lane (4) ✓ Burnicorn Lane (6) ✓ Sun-Day Cycle (10)	✓ Lockdown Lane (4) ✓ Burnicorn Lane (6)	✓ Lockdown Lane ✓ Burnicorn Lane
INDOORS				
✘ Closed	✘ Closed	✘ Closed	✓ Cycle (10) ✓ The Journey (10) ✓ LIT (10) ✓ Burn (10) ✓ Barbell (10) ✓ TRX (8) ✓ Stretch (8)	✓ Cycle ✓ The Journey ✓ LIT ✓ Burn ✓ Barbell ✓ TRX ✓ Stretch
ONLINE				
✓ Cycle ✓ The Journey ✓ LIT ✓ Lockdown Lane ✓ Pilates	✓ Cycle ✓ The Journey ✓ LIT ✓ Lockdown Lane ✓ Pilates	✓ Cycle ✓ The Journey ✓ LIT ✓ Lockdown Lane ✓ Pilates	✓ Cycle ✓ The Journey ✓ LIT ✓ Lockdown Lane ✓ Pilates	✓ Cycle ✓ The Journey ✓ LIT ✓ Lockdown Lane ✓ Pilates

* In all stages we will maintain attendance tracking, hygiene, sanitation of equipment, and distancing as required by health authorities

* Bookings will be required for all classes

PRICES		TOTAL
Membership (support the club)	\$10 /wk	\$10 /wk
Online Classes	+ \$15 /wk	\$25 / wk
Indoor and Outdoor Classes	+ \$25 /wk	\$35 /wk
Online, Indoor and Outdoor Classes	+ \$30 /wk	\$40 /wk
20 Indoor/Outdoor Classes	+\$200	\$10 / wk + \$200

* Let us know if COVID is causing you financial difficulties, we'll make sure you can still workout at Integrity while things improve.

* For those living 10+ km from the studio and attending indoor/outdoor classes we have \$10/wk "out of town" discount.

* We will continue loaning equipment at no charge until covid-normal, and then we will have limited equipment available for an additional rental fee.

For further details:

Contact us via email tim@integritygroupfitness.com.au or call 0437 587 558.