Hello to all of you!

We hope you are all doing well, healthy and remaining positive.  It is a very strange world we live in right now, and the unknown is the hardest part for us.  Who knows where we will be in another week with this virus?  We are choosing to stay home, get some projects done, spend some special time with family (games, puzzles, movies, discussions over dinner and, of course, working out.  No excuses now; we have all the time in the world to workout, right?  So, we have 2 announcements for you:

1. All 11 Beat PD locations, both in CT and NC, along with Personal Training, Massage, Cycling and Yoga are cancelled until further notice.  Because we know our workouts are "essential" to our health and we cannot close down totally. We are offering**on-line videos AND "Live" Classes:**

* **On-line classes are posted at**<https://www.beatpdtoday.com/photo-gallery> , every couple of days we will upload a new one!
* Fun Fitness Facts, Nutritional tips, articles to read and more will also be posted
* **"Live" Classes will be available**-First one is this Tuesday 3/24! Easy for everyone!
  + You need either a computer, iPad, iPhone, or tablet to connect with us on *Google Meet.*  It is free and really cool.  The first one is scheduled for this Tuesday, March 24th.  At 9am, Michelle will lead a Silver/Bronze class and at 10:15am, she will lead a Beginner class.  No equipment is necessary for either class.  Maybe a mat would be good, an open space, and water.   You will be sent a link via email to "JOIN MEETING" 15 minutes before the class. Just click on it and you will get to a screen with us on it.  If you want us to see you, you will need to have a camera on your device, which most devices have now. Set up your device somewhere in front of your workout space.  It's not hard, so don't be nervous to try it.

1. Everyone's membership fee has been suspended since March 12th when we cancelled classes.  This means nobody will be charged for classes until further notice.  We hope this will help you get through this pandemic with one less thing to stress about.

We thank you all for your patience and cooperation.  This is uncharted waters and we are all figuring out the best way to handle it. If you have any questions or concerns, please feel free to contact your trainer or one of us.

Keep your head up.  A recent quote we read is: "I can't keep going, so I keep going."  Think about that.  It describes all of us.

Be Well,

Michelle, Terry and Vicki