

Dear UpLift members,
Until last week, we were led to believe that gyms would be opening on June 1st along with many other small businesses. We had positioned ourselves with plans in place for a safe and welcoming return for all of you. We are extremely disheartened by the governor's announcement that gyms are to remain closed. According to the MN Stay Safe Plan, it may be possible for gyms to open in the next phase with restrictions and requirements in place. As we await for guidelines and confirmation of the date, we are still here for all of you! Please email us for ANY support you need from us with nutrition and/or exercise.

We appreciate you all so much!
Chris and Jill