

Dear UpLift friend,

As we just learned Governor Waltz has ordered fitness centers to close for a period as a result of increasing COVID19 cases.

While this is disappointing news, please know and be assured, UpLift is here for you and remains committed to doing everything we can to support your health.

During these times of mandated gym closures, we encourage you to take time for yourself. Investing time in your health may well be more important now than ever.

To aid you with this, we are designing home workout routines. We are also planning some nutritional help to keep you healthy and strong during the Holidays. Please check our website and our Facebook page for at home workouts, classes and nutrition information. We want your December to be a month you continue on your path of health and wellness. We are here to make that happen and give you our continued support.

Website: <https://www.upliftfitness.com/>

Facebook: <https://www.facebook.com/upliftguidedfitness>

The good news is, the current closures will pass.

We very much look forward to seeing all of you just as soon as the state permits our reopening.

Thank you for your patience and loyalty to UpLift.

Chris and Jill