

Hello,

I want to personally communicate with each of you during this time of uncertainty. Although there have been difficult decisions for all of us to make, we have so much to continually be thankful for – our families, our community, and our health. We need more than ever to support each other however we can. As PIVOT's founder please know I am committed to each and every one of you.

In order to do our part in the efforts to flatten the curve and the impact of the COVID-19 virus, we have made the very difficult decision to suspend the operations of all of our PIVOT Lifestyle + Fitness by Kristin Armstrong fitness centers beginning Wednesday, March 18, until we receive additional CDC and governmental guidance.

We have taken significant precautions across our locations to keep our members and employees safe while continuing to offer our workouts. However, this situation has evolved rapidly, and we believe temporarily closing is the right thing to do.

As we stand behind our mission at PIVOT by **meeting individuals, employers and our community where they are in their unique journey of health**, I am committed to continuing our efforts by bringing health to you. PIVOT coaches will provide live yoga and workout sessions. We will also bring ongoing nutritional tips from our health services team. We are committed to our PIVOT community and beyond.

I invite you to follow our PIVOT Lifestyle + Fitness by KA Facebook Page where our classes will be conducted beginning on Thursday as well as follow our Instagram page @pivotbyka for shorter pieces and tips.

Each of us can take steps to protect the most vulnerable in our society and do our part to take care of ourselves and our fellow citizens. Thank you for being part of PIVOT – we will be back in action together again in no time. For now, let's keep positive and take care of ourselves and our families.

See you at a live session soon!

Like most, we are not sure how long our operations at any of our physical locations will need to be suspended. If you are interested in placing a hold on your membership, we ask you email info@pivotbyka.com. We hope you consider taking what our team at PIVOT has to offer virtually during this time and together continue to move the dial on our own health and others.

Kristin

PIVOT

Lifestyle + Fitness by *Kristin Armstrong*