



Dear member,

We can go again!

It takes a long time, but we re-open again our indoor facilities. We are very happy to see you again and that it's possible to train together in the gym. The last period we did a lot of outdoor activities, but we know that's not for everyone enough. Hopefully you're satisfied that you can train again indoor in the gym.

We are open again from the 19th of May. We made a reader for you with all the rules and information about the conditions we can organize the re-opening. We will ask you to read this reader before your first fitness-training or groupcourse outside.

Take a look here: reader sport during Corona-time
(<https://www.bewegingscentrumleeuwarden.nl/wp-content/uploads/2021/05/Reader-Sports-and-Covid-19.pdf>)

Back in action! (but with care)

We are happy with the positive notes from a lot of members and we know that you're enthusiastic to start again with working out. But we will ask you to take care of yourself about your intensity of training. We made 4 workout advices for you. Read this before you start again with your 1st (indoor) training. [Click here for the 4 workout advices.](#)

Are you still not comfortable with the idea of coming back in to exercise? You can contact us and we will make an appointment together with one of our instructors. Then we can answer to all your questions.





Fitness (indoor)

We are fully geared up to responsibly reopen the gym, but we have to do it together. We assume that everyone reads the reader carefully and is well aware of the conditions under which we can make fitness possible again. We have noticed all this for you in the reader Sports in Corona Time.



Courses (outdoor)

In the 1st step of the relaxation it is not yet possible to provide the group lessons indoors, but there are more options outdoors than in the past period.

We will therefore continue to offer group lessons outdoors at the parking place. We make the group lesson schedule based on an estimate of needs and can be adjusted weekly. Always check the MyWellness app for the current schedule.

Finally; If we have not mentioned something in this newsletter or the reader that was sent along, please contact us. We are of course willing to answer all your questions.

With sporty greetings,

Team BCL

