



Dear HealthTrack Members,

We at HTSW hope that all of you have remained healthy and safe during this difficult time. This experience has truly reinforced how much we value our connection with all of you as we have been so isolated from one another. **WE MISS YOU!!**

We are relieved to inform you that we received our Paycheck Protection Program (PPP) loan. We immediately brought our entire staff off of furlough and will provide them with their regular paycheck for the foreseeable future.

As our stay at home order continues, it is even more important than ever for you to continue, or restart, your exercise routine. We are dedicated to supporting you in all aspects, physically, mentally and emotionally. Research shows exercise can support your immune system and that exercise is proven to **support our mental health.**

I hope you have been able to participate and enjoy our [Instagram](#) + [Facebook](#) online classes, The Spa sales on [Facebook Shop](#), and Child Care crafts. We will continue to add to our library that you can also access on our website www.HTSW.net.

Please remember, the Club is currently closed for incoming calls. Please direct all inquiries to my email at ccastillo@htsw.net and I will try to answer your questions promptly. Your membership dues will continue to be placed on hold with no monthly billing until we reopen. We will keep you abreast of any planned reopening date as it becomes known.

Keep exercising and stay positive!

Cris Castillo
General Manager
HealthTrack Sports Wellness