

Kempettes WEEKLY Message

April 27th – May 1st

Happy MONDAY Kempettes Family!

We want to stay connected by sending weekly notes to let you know what is going on with our staff and the Club!

We have arranged Zoom Meetings with our Staff Members to ensure we are staying connected. We are working hard on coming up with a different ideas for when we are able to open. We cant wait to get back into the gym!

We want to hear from you ...

Write, draw or take a picture for us and share what you have been up to, how your staying active and what you miss about the BKGC .

Remember to follow us on Facebook and Instagram 😊

What we are doing ...

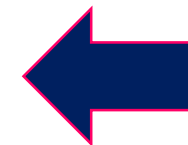
Our Kempettes staff and Board of Directors is continuing to educate ourselves with all the different social distancing and cleaning protocols that are being put in place.

We are working with our staff to ensure that when we are able to reopen our facility it is clean and safe environment for everyone to enjoy.

➡ **LET'S GET MOVING ... Check out these Videos:**

<https://www.youtube.com/watch?v=5XCQfYsFa3Q>

<https://www.youtube.com/watch?v=cZeM18fPbvl>



Weekly Challenge ...

Go for a walk with your family ... while your on your walk take a look around and try and see how many different thing you could use as the 4 different Women's apparatus! Be Creative 😊

Example. Curb = Beam Goal Post = Bars

