

Dear CrossFit Thalwil Members

Because the number of coronavirus infections is rising again, the Federal Council has implemented stricter measures. They also affect CrossFit Thalwil. The measures are expected to remain in effect until January 20, 2021.

Effective immediately, our Box will be closed after 7 p.m until 7 a.m.

The facility will also remain closed on Sundays. It is strictly prohibited to use them after 7 p.m.

Safety and Health Regulations

To best inform you of the new required protocol, we have created a video and a document explaining all the steps you must take when you visit us and posted it on our website, <http://www.crossfitthalwil.ch>. We will continue to monitor the updates from the BAG and the cantonal authorities to keep these regulations up to date.

In summary, the following changes will be put in place as of Saturday, 12 Dec:

- Thalwil gym operations will end each day at 19:00
- Masks must be worn at all times when walking the gym with the exception of working out in an individual box or when a minimum of 2m distance is possible
- Mandatory entrance and exit flow detailed in the video on our website must be respected
- Only four people per class are allowed
- Capacity is maximum 10 People allowed at the gym

New opening hours in effect Saturday, December 12, 2020

For the CrossFit Box in Thalwil:

Monday to Friday: 7 a.m. to 7 p.m.

Saturday: 7 a.m. to 7 p.m.

Sunday: closed

Holidays: closed

Gattikon Skill Box:

Monday to Friday: 6 a.m. to 7 p.m.

Saturday: 6 a.m. to 7 p.m.

Sunday: closed

Holidays: closed

We know that evening classes are some of our most popular to attend, so we have implemented some new options to keep you guys healthy and active during this temporary time of restriction:

- Zoom Online Classes : Monday to Friday, 6 a.m - 6.45 am & 7.15 p.m - 8 p.m
- CrossFit Lite at Gattikon Skill Box : Tuesday & Thursday, 5.30 p.m - 6.30 p.m
- Open Gym Access possible at both Locations: Thalwil and Gattikon (PT room as long as there is no class)

Unfortunately, there is no telling when things will be “back to normal” in any sense. Rest assured that we’re doing our best to keep you informed and taking every precaution to help flatten the curve. We are carefully monitoring the situation (just like you) and will continue to inform you if the restrictions are changed. We’re all in this together, learning together, and adapting together.

Holiday Schedule

Classes will be cancelled over the holidays from 21 Dec to 27 Dec as well as from 31 Dec to 3 Jan. Also there will be no Online Zoom classes as well.

During these times you are still able to utilize Open Gym at the two Facilities on the following times:

For the CrossFit Box in Thalwil:

21 Dec - 23 Dec: 7 a.m. to 7 p.m.

Holidays: 24, 25, 26, 27, 31 Dec closed

Holidays: 01, 02, 03 Jan closed

For the Skill Box in Gattikon:

21 Dec - 23 Dec: 6 a.m. to 7 p.m.

Holidays: 24, 25, 26, 27, 31 Dec closed

Holidays: 01, 02, 03 Jan closed

From 28 Dec to 30 Dec our schedule will be following:

Monday to Wednesday: 7 a.m. to 7 p.m. with the regular class schedule.

If you have specific questions not addressed here or on our website/email, reach out to us via our website or social media channels. We’re available to answer your questions and respond to any concerns you have. You can also find tips on how to stay healthy and fit on our social media and website.

Our members have always been the heart of our company. We’re grateful for you, your ongoing support, and we thank you for doing your part to help flatten the curve.

Sincerely
CrossFit Thalwil Team