

# Creative workouts continue as studios prepare to reopen July 1

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Volkov is also making similar adjustments to his studio: "We will have facemasks available for anyone that would like to use one and we have purchased gloves for those who are coming in for the first time to see if they would be interested in becoming a member of the studio. We now have an air purifier

which will remove the air-borne bacteria and along with our fans, allow the clear air to move through the studio." To encourage new membership, 9Round is offering a free month's trial for potential new clients.

There are also a number of 9Round members that have continued to pay their monthly membership fees, which has helped Volkov

greatly: "As a small private gym, this has allowed us to point to the July 1st reopening and to not suffer the fate of many of the gyms that have been forced to close permanently."

If there is only one exercise that they could recommend for their clients or anyone else, for Volkov, it would be jumping rope for "its cardio benefits, burning calories and

overall coordination."

For Olson: "At the Daily Method we would recommend planks, push-ups and squats because they efficiently build core musculature as well as upper and lower body strength."

As for her anticipating her studio's reopening, though speaking for herself, Olson's sentiments are certainly shared by all of the studios

and gyms around the country: "We are really excited to have our community return. It's been so wonderful to see them on the Zoom classes and be able to see each other's faces, practicing something that we have done together for so long, but we have really missed seeing everyone live so we're excited to see the people in our community come back."

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