

Dear members,

Following the measures issued by the public health authorities on Sunday, March 15, 2020, we immediately complied and proceeded to the closing of our branches. Subsequently, we have been proactive in our communication either by email or by posting all relevant information on our website and social media platforms. In a time of crisis, when information rapidly changes and evolves, caution and calm are essential and we are extremely grateful for your patience and your understanding.

During this temporary closure period, the duration of which is unknown, I invite you to continue to visit our [website](#) for all the latest news. For all inquiries concerning your membership, please refer to the "[Frequently Asked Questions](#)" section available on the website's main page. Additionally, our customer service agents will make every effort to respond in a timely manner should you have any additional concerns.

To maintain a healthy lifestyle, I also strongly encourage you to take advantage of the [ULTIME FIT](#) online training platform, included in your subscription. Join our active community and online users today. Enjoy our library of exercise programs and workout videos developed by our kinesiologists, discover our meal plans, as well as more than 300 healthy recipes approved by our nutritionists. You will also find relaxation techniques in our meditation sessions, which could prove to be particularly useful to help relieve the stress caused by the current crisis.

As an additional offer, you will find on our [website's main page](#) the video of the day offering a daily workout and, two exercise and nutrition articles. This free video is available to all, so let's virtually connect, during this period of isolation, by training together. These initiatives will support you with useful information and help you stay fit during this period of confinement.

#### COLLECTIVE EFFORT

As a Nautilus Plus member, you have chosen, as we also have, to place great value on life's most precious asset, our health, by adopting healthy lifestyle habits. More than ever, our behaviour will enhance our ability to fight this virus. Let's not forget that we remain potential vectors of transmission. I therefore respectfully, but insistently, ask you, and all our employees, to comply with the measures imposed by the governments and to trust our Premier Mr. François Legault, the Quebec public health Director, Mr. Horacio Arruda and the Minister of Health and Social Services, Ms. Danielle McCann. Spread the info not the virus! To help share this message quickly to our families and friends, I call on your involvement and ask you to use all available means of communication (social media, telephone...) to positive influence those around you. Starting today, we have the ability to act diligently, add our voices to those of the public authorities and ensure the implementation of the safety measures by all.

**Nautilus**



**« KEEP YOUR DISTANCE, WASH YOUR HANDS AND REFRAIN FROM TOUCHING YOUR FACE».**

Nautilus Plus, a Quebec owned company, is the largest fitness network in Quebec. Managed by Québécois, our organization was founded over 40 years ago with the noble mission of providing quality services to the Quebec population. Our aim is to play an active role in the well-being of the population by doing everything in our power to improve your health and quality of life. On behalf of all our employees and myself, I wish to thank you for your trust and for remaining loyal to our organization during this period of temporary closure.

I look forward to seeing you back in our centers; please take care of yourself and your loved ones, and may we remain united as to overcome this challenge together.

A handwritten signature in blue ink, appearing to read "M. Légaré", with a long horizontal stroke extending to the right.

Martin Légaré  
President - CEO  
Nautilus Plus