

# OUTDOOR FITNESS AND WELLNESS CLASS SCHEDULE WEEK OF MAY 31, 2020

## MONDAY

Class	Instructor	Time
Mat Pilates	Carla	9:00 <sub>am</sub>
HIIT	Christian	5:30 <sub>pm</sub>

## TUESDAY

Class	Instructor	Time
Yoga For Stiff People	Jodie	10:00 <sub>am</sub>
Vinyasa Yoga	Alexa	5:30 <sub>pm</sub>

## WEDNESDAY

Class	Instructor	Time
HIIT	Carla	10:00 <sub>am</sub>
Yoga For Stiff People	Jodie	10:00 <sub>am</sub>
Vinyasa Yoga	Alexa	5:30 <sub>pm</sub>

## THURSDAY

Class	Instructor	Time
Mat Pilates	Carla	9:00 <sub>am</sub>
Yoga For Stiff People	Jodie	10:00 <sub>am</sub>
Rhythm	Kathy	10:00 <sub>am</sub>
HIIT	Christian	5:30 <sub>pm</sub>
Vinyasa Yoga	Alexa	5:30 <sub>pm</sub>

## FRIDAY

HIIT	Carla	9:00 <sub>am</sub>
Yoga For Stiff People	Jodie	10:00 <sub>am</sub>

## SATURDAY

Class	Instructor	Time
Yoga For Stiff People	Jodie	10:00 <sub>am</sub>

## OUTDOOR CLASS GUIDELINES:

1. Register at least 24 hours in advance
2. Email registration: [jtaylor@avon.org](mailto:jtaylor@avon.org) please include your name, the day and class you wish to attend
3. Meet your instructor in front of the Nottingham Park Stage
4. Maximum of 9 participants permitted in each class
5. Yoga equipment will not be provided, please supply your own gear, (mat. block, etc.)
6. Do not attend if you are feeling sick or show any symptoms of COVID-19
7. Physical distance of six feet or more from each participant must be strictly adhered to at all times
8. Fit Court handles and touch points must be thoroughly cleaned after each use with the sanitizing wipe provided
9. Please arrive prepared for class, locker rooms, showers will not be accessible
10. Public health officials encourage seniors and others in higher risk categories to remain at home and limit person to person contact.

