



### **MRD Group Fitness Classes – Updated 3/30/2021**

MRD's classes take place on the blue gymnasium court or at a limited capacity in the Fit Zone to maximize physical distancing and participant safety. Please review the following schedule for class times:

#### **MONDAY**

9:15am-10:00am – SilverSneakers Yoga with Kathy in Gym (Blue Court) (25 participants max)  
10:30am-11:30am – Body Sculpting with Kim in Gym (Blue Court) (25 participants max)  
11:00am-12:00pm – Tai Chi with Jan in the Fit Zone (10 participants max)

#### **TUESDAY**

10:00am-11:00am – Barre with Rebecca in Gymnasium (Blue Court) (25 participants max)

#### **WEDNESDAY**

9:30am-10:30am – Yoga/Pilates/Tai Chi with Stanlee in the Fit Zone (10 participants max)  
(Chairs optional for those with movement restrictions)

#### **THURSDAY**

10:00am-11:00am – Barre with Rebecca in Gym (Blue Court) (25 participants max)  
11:00am-12:00pm – Yoga with Jan in the Fit Zone (10 participants max)

#### **FRIDAY**

9:15am-10:00am – SilverSneakers Yoga with Kathy in Gym (Blue Court) (25 participants max)  
10:30am-11:30am – Body Sculpting with Kim in Gym (Blue Court) (25 participants max)

#### **Important Information – Please Read Prior to Attending**

- All classes are reservation based.
- You can place a reservation for class the day prior to class any time after 8:00am (please call the CRC front desk (970) 249-7705 on Fridays or Saturdays to place a reservation for classes on Mondays. Reservations for Monday classes open at 8:00am the previous Friday)
- Reservations can be made online, by phone (970) 249-7705, or in-person at the CRC.
- Class sizes are limited to the first 25 participants that place a reservation for gym based classes and 10 participants for Fit Zone Room based classes. Walk-ins will be accepted if not all class spots are full or if a registered participant has not checked in by the start of class.

- Participants need to bring their own mats for all classes that are not chair based.
- Participants need to bring their own props for yoga classes if they intend to use yoga blocks or stretching straps.
- Participants must have an active pass or purchase a day pass to participate in classes.
- Class participants will not be allowed on the courts or in the Fit Zone early. Participants with an active pass may utilize other fitness areas within the facility before or after class, but are not able to put belongings on the court or Fit Zone floors until 15-minutes prior to class start times.
- Participants need to maintain at least 6-feet of space between themselves and other participants and remain at least 12-feet from the instructor's stage.
- Participants are required to wear a mask during all classes and at all times when in the facility.
- Participants must maintain physical distancing at all times when collecting equipment for class and when returning equipment to designated cleaning areas.
- Please bring a filled water bottle for class. Drinking fountains are off throughout the facility. Water bottle filling stations are available.
- Classes that lack adequate participation numbers will be cancelled so MRD can be fiscally responsible with membership fees. Be sure to attend classes that you enjoy so we can keep them on the schedule.

### Stick Mobility coming soon to the CRC

Just in time for Mobility May, MRD will be offering our first ever Introductory Stick Mobility Fitness Programs. "Stick Mobility is a training system that improves your mobility, stability, and strength. The system combines joint mobilization, strength training, and deep fascial stretching to increase athletic performance, reduce risk of injury, and accelerate recovery" (Stick Mobility Coaching Manual P.4). Sessions will be 2x per week for 4 weeks (8 total) and participants who complete all sessions will be able to check out a bundle of sticks for personal use while at the CRC. Sessions will be limited to 5 participants. Prerequisites for the class are the ability to sit and kneel on the floor as well as being comfortable in bare feet. Program registration is \$40.00 \$20.00 for the first programs. This is a 50% discount off regular pricing, so be sure to register before sessions are full. Participants 14+ are welcome to register (those 14-17 years old will require parent/guardian consent). Stay tuned to the MRD Facebook page and website for session dates and times. Dates, times, and registration timelines will be published soon!!!

