

## **Group Fitness Schedule**

Be sure to check out group fitness at the CRC. Current fitness classes are being offered outside or in the gymnasium to provide plenty of physical distancing for all participants. Due to the current statewide mask mandate, face coverings do need to be worn during classes, but we have plenty of chair based options for those that are nervous about exercising too strenuously while in a face cover. Check out our current class schedule below and be sure to place a reservation 24-hours prior to the beginning of class as space is limited.

### **MONDAY**

7:00am-8:00am – Hatha Yoga with Jan (Back Lawn)

9:15am-10:00am – SilverSneakers Yoga with Kathy in Gymnasium (Blue Court)

10:30am-11:30am – Body Sculpting with Kim in Gymnasium (Blue Court)

### **TUESDAY**

7:00am-8:00am – Tai Chi with Jan (Back Lawn)

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

### **WEDNESDAY**

9:30am-10:30am – Yoga/Pilates/Tai Chi for the Elder Crowd with Stanlee (Blue Court)

### **THURSDAY**

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

### **FRIDAY**

8:00am-9:00am – Yoga for Optimal Health with Kathy (Back Lawn)

9:15am-10:00am – SilverSneakers Yoga with Kathy in Gymnasium (Gray Court)

10:30am-11:30am – Body Sculpting with Kim in Gymnasium (Blue Court)

### **What about classes in the Fit Zone?**

MRD is currently working with our HVAC installers and engineers to better understand the ventilation capabilities in the Fit Zone. MRD is committed to instructor and participant safety and wants to ensure an adequate ventilation rate to maximize air exchange. We will inform participants about continuation of classes in the Fit Zone and revised schedules as we learn more about how we may safely offer classes in this space.