



Group Fitness Classes (Updated 9/10/2020)

Be sure to check out group fitness at the CRC. Current fitness classes are being offered in the gymnasium to provide physical distancing for all participants. Due to the current statewide mask mandate, face coverings do need to be worn during classes, but we have multiple 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 to 20 participants.

MONDAY

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

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

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

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

Important Information

- All classes are reservation based.
- You can place a reservation for class up to 24-hours in advance of the class start time (please call the CRC front desk on Fridays to place a reservation for Monday classes).
- Reservations can be made online, by phone, or in-person at the CRC up to one hour before class start time.
- Class sizes are limited to the first 20 participants that place a reservation. Walk-ins will be accepted if space is available.
- Participants are limited to 1 class reservation per day and a maximum of 3 class reservations per week.

- Participants will need to bring their own mats for all classes that are not chair based.
- Participants will 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 early. Participants with an active pass may utilize other fitness areas within the facility before or after class, but are not to put belongings on the court floor until 15-minutes prior to class start times.
- Participants will need to maintain at least 6-feet of space between themselves and other participants and remain at least 15-feet from the instructor.
- Participants are required to wear a mask at all times.
- 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.

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.