

OUTDOOR FITNESS CLASSES

Registration opens Wednesdays at 9am for the following week

| August 3 | August 4 | August 5 | August 6 | August 7 |
|--|--|---|--|--|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 9am Cardio Jam with Gini FL462 | 9am Cardio Jam with Gini FL463 | 9am Slow Flow Yoga with Cathleen FL460 | 9am Cardio Jam with Gini FL464 | 9am Slow Flow Yoga with Cathleen FL461 |
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| 10am Total Body Toning with Barb FL457 | 10am POMS with Sandy FL465 | 10am Music N Moves with Laura FL547 | 10am POMS with Sandy FL466 | 10am Total Body Toning with Barb FL546 |
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| 11am Music N Moves with Laura FL467 | 11am Beginner Line Dance with Nancy FL468 | 11am Tai Chi with Allison FL479 | 11am Strutters Sumer Dance Fun! FL472 | 11am Beginner Line Dance with Nancy FL469 |
| 12pm Light Yoga with Pam FL470 | 12pm Balance Focus with Nancy FL 545 | 12pm Core/Strength with Lorrie FL478 | 12pm Light Yoga with Pam FL471 | |
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| 3pm Tai Chi with Allison FL473 | | | | |
| | | | | |
| 4pm Jazzercise with Lorrie Palczynksi FL474 | 4pm Jazzercise with Lorrie Palczynksi FL475 | | 4pm Jazzercise with Lorrie Palczynksi FL476 | 4pm Jazzercise with Lorrie Palczynksi FL477 |

Outdoor Fitness Classes

- **PRIOR TO SIGNING UP FOR OR ATTENDING A FITNESS CLASS**
 - **In accordance with CDD Guidelines:**
 - Please stay home if you are sick or not feeling well. If you have a fever, cough, sore throat do not come to class.
 - Please stay home if you have a compromised immune system or are considered high risk (heart disease, lung disease, diabetes, for instance).
 - Please do not participate if you have been with someone who has been diagnosed with Covid-19 in the past 14 days.
 - Please do not participate if you have traveled to an area that has restrictions for Covid-19.
- **STATE OF ILLINOIS GUIDELINES:** Class size limited to 50. 2 groups of 50 may participate if 30 feet distance is maintained between groups. Individuals in fitness classes must maintain a 6ft distance.
- Please maintain a social distance of 6 feet before, during and after class. When in class, please maintain a distance of 10 feet from each other.
- Masks should be worn before and after class, but are not required to be worn when in class. Masks are required to enter the Prairie Lodge building and restroom facilities at the Pavilion. Your ID Card is required to gain access to the Prairie Lodge.
- All classes will be held at the Pavilion. Limited shade/shelter is available. Please bring sunglasses, hat, sunscreen, hand sanitizer, and bottle of water.
- Limit touching surfaces. Wash hands frequently. Limit touching your face.
- Please gauge your own intensity and take a break as needed. Reduce intensity if too warm.
- Classes will be available for reservation on the Wednesday preceding the week. Sign up early. Class size is limited.
- Refund policy: In the event of rain/weather cancelation of a class, we will transfer your reservation to the following week.
- ***We appreciate your cooperation and your patience as we navigate these new waters. Your safety is our number one priority. We will continually evaluate and re-evaluate our classes, as new information and guidance from regulatory agencies is provided to us. Please contact Kathy O'Toole at kathy.o'toole@fsresidential.com with any questions or concerns. Thank you.***

Reservations must be made for all classes. No Drop-in classes at this time. Reservations can be made online and also at the PL Cam Desk Monday-Friday 9am-5pm. Classes are color coded for pricing as follows.

\$2

\$4

\$6