



SUN CITY OUTDOOR FITNESS CLASSES

Registration opens Wednesdays at 9am for the following week

August 17	August 18	August 19	August 20	August 21
Monday	Tuesday	Wednesday	Thursday	Friday
9am Total Body Toning with Barb FL499	9am Cardio Jam with Gini FL484	9am Slow Flow Yoga with Cathleen FL516	9am Cardio Jam with Gini FL485	9am Slow Flow Yoga with Cathleen FL517
10am Sit and Fit with Barb FL555	10am POMS with Sandy FL511	10am Music N Moves with Laura FL556	10am POMS with Sandy FL512	10am Total Body Toning with Barb FL500
11am Music N Moves with Laura FL491	11am Cardio Sculpt with Nancy FL550		11am Strutters Sumer Dance Fun! FL526	11am Beginner Line Dance with Nancy FL523
12pm Light Yoga with Pam FL506	12pm Beginner Line Dance with Nancy FL522		12pm Chair Yoga with Pam FL507	12pm Balance Focus with Nancy FL560
3pm Tai Chi with Allison FL529				
4pm Jazzercise with Lorrie Palczynksi FL536	4pm Jazzercise with Lorrie Palczynksi FL537		4pm Jazzercise with Lorrie Palczynksi FL538	4pm Jazzercise with Lorrie Palczynksi FL5359

Registration opens Wednesdays at 9am for the following week

August 24	August 25	August 26	August 27	August 28
Monday	Tuesday	Wednesday	Thursday	Friday
9am Cardio Sculpt with Nancy FL486	9am Cardio Jam with Gini FL487	9am Slow Flow Yoga with Cathleen FL518	9am Cardio Jam with Gini FL488	9am Slow Flow Yoga with Cathleen FL519
10am Total Body Toning with Barb FL562	10am POMS with Sandy FL511	10am Music N Moves with Laura FL558	10am POMS with Sandy FL513	10am Total Body Toning with Barb FL502
11am Music N Moves with Laura FL492		11am Chair Tai Chi for Balance with Allison FL559	11am Strutters Sumer Dance Fun! FL525	11am Beginner Line Dance with Nancy FL524
12pm Light Yoga with Pam FL508			12pm Chair Yoga with Pam FL509	12pm Balance Focus with Nancy FL561
3pm Tai Chi with Allison FL530				
4pm Jazzercise with Lorrie Palczynksi FL540	4pm Jazzercise with Lorrie Palczynksi FL541		4pm Jazzercise with Lorrie Palczynksi FL542	4pm Jazzercise with Lorrie Palczynksi FL543

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