

# OUTDOOR FITNESS CLASSES

***Registration opens Wednesdays at 9am for the following week***

August 10	August 11	August 12	August 13	August 14
Monday	Tuesday	Wednesday	Thursday	Friday
9am Cardio Jam with Gini FL480	9am Cardio Jam with Gini FL481	9am Slow Flow Yoga with Cathleen FL514	9am Cardio Jam with Gini FL482	9am Slow Flow Yoga with Cathleen FL515
10am Total Body Toning with Barb FL497	10am POMS with Sandy FL494	10am Music N Moves with Laura FL552	10am POMS with Sandy FL495	10am Total Body Toning with Barb FL498
11am Music N Moves with Laura FL490	11am Beginner Line Dance with Nancy FL520		11am Strutters Sumer Dance Fun! FL525	11am Beginner Line Dance with Nancy FL521
12pm Light Yoga with Pam FL504	12pm Balance Focus with Nancy FL549		12pm Light Yoga with Pam FL505	
3pm Tai Chi with Allison FL528				
4pm Jazzercise with Lorrie Palczynski FL532	4pm Jazzercise with Lorrie Palczynski FL533		4pm Jazzercise with Lorrie Palczynski FL534	4pm Jazzercise with Lorrie Palczynski FL535

# 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](mailto: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**