

## ***OUTDOOR FITNESS CLASSES***

***Registration open Friday, July 10th at 9am for this week***

***UPDATE: Registration for classes will now be open on  
Wednesdays starting July 15th for the week following.***

July 6	July 7	July 8	July 9	July 10
Monday	Tuesday	Wednesday	Thursday	Friday
9am Cardio Sculpt with Nancy PL395	9am Cardio Jam with Gini FL397	9am Slow Flow Yoga with Cathleen FL402	9am Cardio Jam with Gini FL380	9am Slow Flow Yoga with Cathleen FL347
10am Total Body Toning with Barb FL396	10am POMS with Sandy FL398	10am Total Body Ton- ing with Barb FL404	10am POMS with Sandy FL387	10am Total Body Toning with Barb FL350
12pm Light Yoga with Pam FL364	11am Beginner Line Dance with Nancy FL384	12pm Tai Chi with Allison FL385	11am Strutters Sumer Dance Fun! FL409	11am Beginner Line Dance with Nancy FL359
3pm Tai Chi with Allison FL368		3pm Yoga Warrior Strong with Pam FL388		
4pm Jazzercise with Lorrie Palczynksi FL389	4pm Jazzercise with Lorrie Palczynksi FL390	4pm Jazzercise with Lorrie Palczynksi FL391	4pm Jazzercise with Lorrie Palczynksi FL392	

# 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 Friday preceding the week. Sign up early. Class size is limited. *Due to the restrictions, you may only make a reservation for yourself.*
- Refund policy: classes canceled by the Association will be refunded. In case of rain, classes will be canceled.
- ***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**