

South Brunswick Senior Center

Phase 1: Outdoor Programs

In order to keep you as safe as possible we will begin our reopening slowly and in a very deliberate and calculated manner. As such, we will be offering fewer programs and will be able to accommodate fewer participants in each program. Please note that programs are subject to change. To begin our reopening, all programs will take place outdoors. We will be meeting in the park behind the Senior Center (Reichler Park) in the smaller open-air pavilion.

We will be starting with 45-minute classes three days per week (Mondays, Wednesdays and Fridays). There will be two classes on each of these days:

Monday	Wednesday	Friday
9:00 AM: Body Sculpting 10:15 Chair Yoga	9:15 AM: Now & Zen 10:30: Now & Zen	9:00 AM BollyX 10:30 AM Body Sculpting

Here are guidelines for classes/programs outside:

- Pre-Registration only: You must call the office by Thursday, 12:00 noon during the prior week for the following week's activities/fitness classes. Please call 732.329.4000 x 7670 during regular business hours. Note: you MUST speak with Senior Center staff; leaving a message for a class reservation is not permitted and will not be honored.
- To be fair to all, we cannot guarantee that you will be able to reserve a spot in all desired classes. For now, you may reserve a maximum of one fitness class per week for the following week only.
- Please let us know if you would like to be on a wait list to participate in more than one class. We will call you on Friday if there is availability. Please be specific regarding which class you would like to take and we will call on Friday between 9 am-11 am to offer you a slot. If we cannot reach you, we will move on to the next person on the wait list.
- As long as you can maintain a safe distance, we recommend that you wear a mask outside but we are not mandating it while outside. No masks with vent's or gaiters are permitted.
- We will ask you to use hand sanitizer upon arrival, which we will supply. Your temperature will be taken and if it is 100F or above we will ask you to return home.
- We will ask you several wellness questions to ensure you are feeling well which will include but is not limited to having a cough, runny nose, diarrhea, shortness of breath, inability to smell or taste and whether you have recently travelled. Please stay home if you are not feeling well even without any specific symptoms.
- Your medical clearance for fitness classes must be up to date.
- We are able to accommodate 11 participants in each fitness class with 10 feet distance between each participant.
- If you are a bus rider, we will coordinate with the transportation department and do our best to assure you a spot in the class of your choice. After we confirm that you are scheduled a spot, we will notify transportation and it is your responsibility to contact them

to determine what time they will pick you up. Please note, after class you will be driven home.

- Please note, outside conditions are subject to noise, mowing, passing cars, people etc.
- We recommend bringing a water bottle, a small towel and wear appropriate fitness attire.
- If you have access to text and or email please confirm the accuracy of your information as this is the best way for us to communicate with you should a class be cancelled.
- Punch/Fitness cards:
 - Each fitness class will be one dollar via fitness/punch card (these fitness cards were used for MaryAnn's classes)
 - Existing fitness/punch cards will be honored for all classes
 - If you have a credit voucher, you are welcome to use it for purchasing a punch card or you may purchase one using cash/check.

Thursday, August 27, Friday, August 28 and Monday August 31

9 am-11 am we are available outside for purchasing fitness/punch cards outside main senior center doors under the awning.