



## June 2021 Fitness Schedule:

AM	MON	TUES	WED	THURS	FRI	SAT	SUN
8:00					Step/Sculpt Debbie D.		
8:30	Cardio Step/ Sculpt Josie	Step/Sculp Debbie T June 22nd	Cardio Step/ Sculpt Josie	Step/Sculpt Debbie T June 24th			Nia Nana
9:00	<i>Water Aerobics Terry</i>	<i>Water Aerobics</i>	<i>Water Aerobics Terry</i>	<i>Water Aerobics</i>	<i>Water Aerobics Terry</i>		
10:30		Yoga Priya		Yoga Priya	Yoga Priya	Yoga Priya	
<b>PM</b>							
4:30							
5:30	Power Circuit Naomi	Cardio Strength Donna	Power Circuit Naomi	Cardio Strength Donna			

### General Checklist for Fitness Room:

- Maximum capacity is 10 participants plus instructor.
- Floor marked for Social distances.
- Room sanitized between classes; used equipment returned to designated area for sanitizing.
- Covid vaccination or negative test; honor system
- If you are not comfortable with returning to in person classes, we are still offering zoom classes.
- You can contact Kathy Stevens at [kathystevensemail@gmail.com](mailto:kathystevensemail@gmail.com)