



## Group Fitness Schedule Block 8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 – 7:45 am	<b>Bootcamp</b> <i>Wes, rec gym</i>		<b>Bootcamp</b> <i>Wes, rec gym</i>		<b>Bootcamp</b> <i>Wes, rec gym</i>
7:00 – 7:45 am		<b>Sunrise Yoga</b> <i>Maddi</i>	<b>Vinyasa Flow</b> <i>Isabelle</i>	<b>Vinyasa Flow</b> <i>Isabelle</i>	
8:00 – 8:45 am	<b>Sunrise Yoga</b> <i>Maddi</i>				<b>Yoga Sculpt</b> <i>Fran</i>
10:00 – 10:45 am	<b>Fit 4 Life</b> <i>Wes, rec gym</i>		<b>Fit 4 Life</b> <i>Wes, rec gym</i>		<b>Fit 4 Life</b> <i>Wes, rec gym</i>
4:15 – 5:15 pm	<b>Big Bootie Hour</b> <i>Fran &amp; Isabelle</i>		<b>Yoga Sculpt</b> <i>Fran</i>	<b>Vinyasa Yoga</b> <i>Julia</i>	

- Max capacity of 10 participants per class plus the instructor for Yoga. Bootcamp can have up to 12.
- Reservations are required and can be made on the AFP Fitness Center homepage.
- Participants must check-in at the fitness center north desk, show the CC app COVID check, and receive a temperature check.
- No shared equipment – participants must bring their own mats, blocks, belts, and/or bolsters.
- Masks are required and all participants must be at least 6-feet apart.
- Class formats aim to serve ability and skill levels. Participants should always consult your physician prior to starting any exercise program.
- No Yoga classes are held during the 4<sup>th</sup> week of the block. Bootcamp will be held all 4 weeks.