$4/per class

Participants MUST register online at least 2 business days before the class start date.
Classes that do not meet a minimum enrollment of seven will be cancelled.

NO Daily/Drop-In in-person registration.
Space is very limited, so register early!
Go to ONLINE REGISTRATION / REGISTRATION / DAY CAMP /
TYPE IN THE ACTIVITY CODE GET100-3 to view and select SEPTEMBER classes.

Steps, resistance bands and hand weights will be provided.
Participants MUST bring their own mats, towels and bottled water.

<table>
<thead>
<tr>
<th>CLASS TIME</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tbody>
<tr>
<td>INSTRUCTOR</td>
<td>JAZZERCISE</td>
<td>ROCK HARD</td>
<td>JAZZERCISE</td>
<td>ROCK HARD</td>
</tr>
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<td></td>
<td>6:00-7:00 PM</td>
<td>8:30-9:30 AM</td>
<td>6:00-7:00 PM</td>
<td>8:30-9:30 AM</td>
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<td></td>
<td>JOE</td>
<td>GINA</td>
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</tbody>
</table>

As of July 13, all classes are being instructed outdoors till further notice, so please prepare appropriately.

Hours and Capacity
We are reopening with modified hours to allow for additional cleaning and safety measures throughout the day and to help maintain occupancy levels. Please arrive at least 15 min before your schedule class.

Cleaning and sanitation
- Our enhanced cleanliness protocols include zone cleanings throughout each day in all areas of the facility and required equipment wipe-down after each use.
- Hand sanitizer will also be made available.
- Drinking fountains will not be available for use.

Physical distancing
- Safety signage and reminders will be posted throughout the facility to promote physical distancing.
- Group training classes will be limited in participation to ensure a minimum of 12 feet of physical distance between patrons.
- We will be initiating one-way foot traffic patterns throughout the facility with visual cues and signs. Patrons will not be allowed to wait in the lobby area.
- Patrons will be temperature and/or symptom screened upon arrival and required to wear face coverings when entering and leaving the facility.
CLASS DESCRIPTIONS

JAZZERCISE
The original dance exercise phenomenon! Each workout is an energizing mix of dance and muscle toning movements choreographed to today’s hottest music.

ROCK HARD
A H.I.I.T. class combining weight training & cardio intervals to maximize overall fitness & burn calories in a short amount of time.

www.rsrpd.org