

CLAY MADSEN RECREATION CENTER

C-19 REOPENING GROUP EXERCISE

Effective Mon. May 18th, 2020

Tuesday

9:00am
Spring
Training
Sherry
Soccer field
Max: 20

11:00am
Total Body Cardio
Burn
Angela
Gym
Max: 20

Wednesday

9:00am
Bodyweight
Bootcamp
Melanie
Gym
Max: 20

Thursday

9:00am
Total Body
Cardio Burn
Angela
Gym
Max: 20

9:30am
AquaFit
Jenn
Pool
Max: 15

11:00am
Spring Training
Sherry
Soccer field
Max: 20

Friday

12:15pm
MetCon Madness
Jeremy
Gym
Max: 20

- Members must Have a reservation for Fitness Classes. Reservations can be made up to 2 days prior to class and with a limit of no more than 2 classes per week.
- No equipment is needed for classes. Recommended personal Yoga mat if you own one.
- Any and all equipment will be sanitized before and after every class.
- Cancellations must be made 24 hrs. prior to class. "No Shows" will result in a penalty.
- Upon Arrival: Member will check in and confirm reservation at the front desk for the Fitness Class no more than 10 min. prior to class. After checking in, member will proceed to designated class location.
- When class is finished, there will be no congregating after class, we ask that you exit the class location promptly.
- Social Distancing Etiquette must be maintained throughout activity..
- Restrooms available, however Locker area and shower area are closed. Please plan accordingly.
- For Aqua based classes it is encouraged to come in your swim suit. Towels are not available for rental, please bring your own