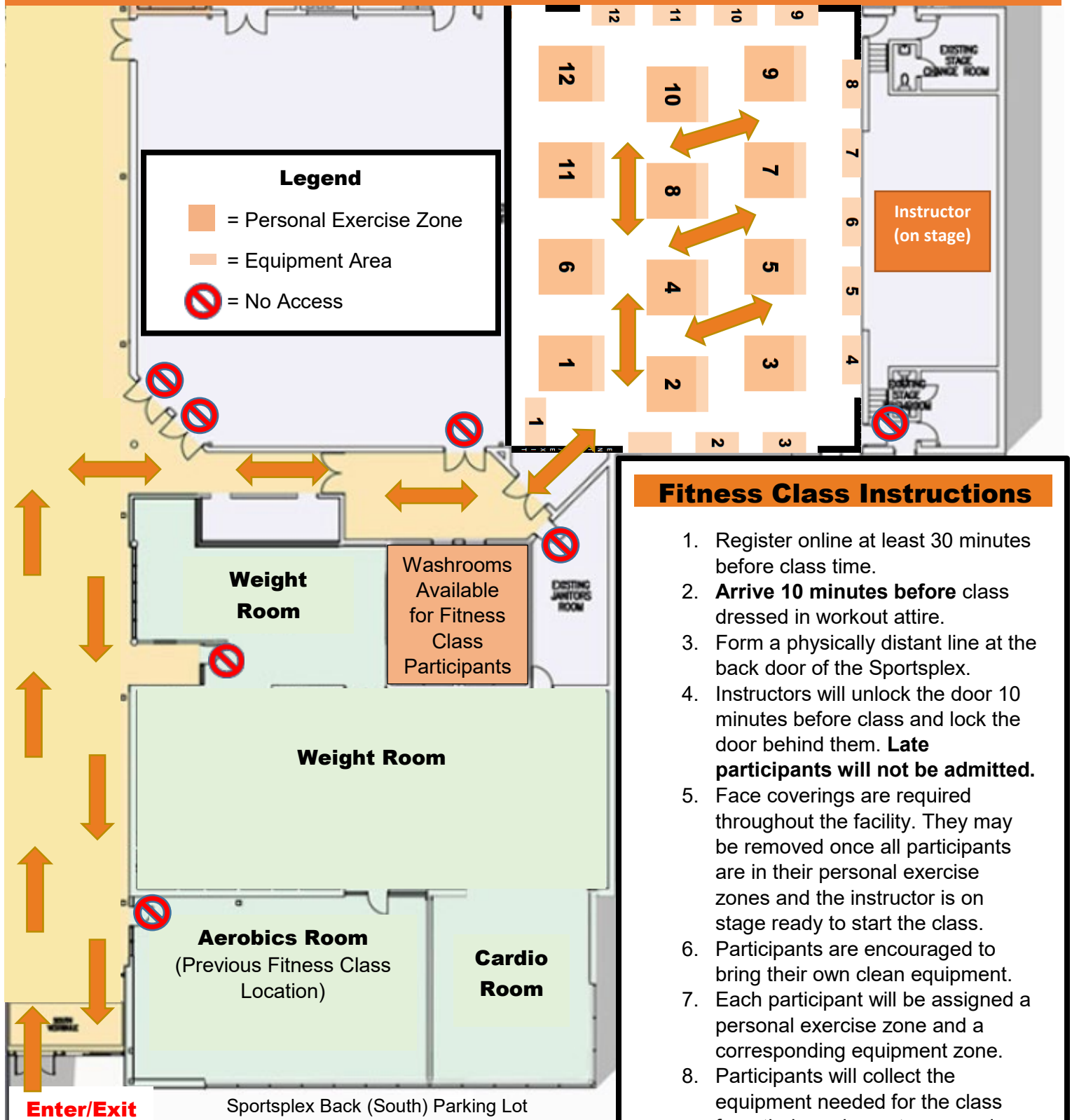


Indoor Fitness Class Information



Fitness Class Instructions

1. Register online at least 30 minutes before class time.
2. **Arrive 10 minutes before** class dressed in workout attire.
3. Form a physically distant line at the back door of the Sportsplex.
4. Instructors will unlock the door 10 minutes before class and lock the door behind them. **Late participants will not be admitted.**
5. Face coverings are required throughout the facility. They may be removed once all participants are in their personal exercise zones and the instructor is on stage ready to start the class.
6. Participants are encouraged to bring their own clean equipment.
7. Each participant will be assigned a personal exercise zone and a corresponding equipment zone.
8. Participants will collect the equipment needed for the class from their equipment zone and bring it to their personal exercise zone to clean before use.
9. After class, participants must clean and return equipment they used before leaving the facility.

Victoria Park Senior Centre Fitness Class Schedule

September 28 to December 23

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 am	Moderate Slow Yoga	Strength Training Tuesday	Men's Fitness: Core Basics	Strength Training Thursday	All Around Fitness