

| TUESDAY                                 | WEDNESDAY                              | THURSDAY  | FRIDAY | SATURDAY                                    | SUNDAY   |
|---|--|---|--------|---|--|
| 6:00 am<br><b>HIIT</b><br><b>Tamara</b> | 6:00 am<br><b>TRX</b><br><b>Tamara</b> | 5:30 pm<br><b>BodyStrength</b><br><b>Tamara</b> |        | 8:00-9:00 am<br><b>Zumba</b><br><b>Lucy</b> | 8:00-9:00 am<br><b>BodyCombat</b><br><b>Tony</b><br><br>9:00-10:00 am<br><b>TRX</b><br><b>Tamara</b> |

Outdoor Group Exercise is free to members. Masks required when 6+ feet social distancing cannot be maintained. Registration is required. Register at [CourtsPlus.com](https://www.courtsplus.com) under Group Exercise. Register for class anywhere between 1-4 days before, but no less than 24 hours prior. \$13/class non-member. Refunds will be issued only if a class is cancelled by Courts Plus.

### WHAT TO KNOW:

- Please arrive 5-10 minutes beforehand.
- Please bring a mat and water (mat not needed for Zumba). No sharing of equipment.
- Participants must maintain 6-foot distance during exercise.
- Masks are optional for fully vaccinated individuals. Masks are required for people who are not fully-vaccinated.
- Please stay home if you are experiencing any of the following symptoms: Fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.