



October 2020 Group Fitness Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 a.m. – 7:45 a.m.						Sunrise Cycle Bambi	
8 a.m. - 8:45 a.m.		Yoga Sandy					
9 a.m. – 9:45 a.m.			Cycling Carey 9:30 - 10:15 a.m.	Cardio Interval Carey	Zumba Felix 9:30 - 10:15 a.m.	Cardio Hip Hop Emily	Zumba Lindsey
10 a.m. – 10:45 a.m.				Stretch & Sculpt Carey			
11 a.m. – 11:45 a.m.			Chair Fitness Gail				Align & Flow Yoga Laura S.
12 p.m. – 12:45 p.m.		SilverSneakers® Classic Bambi	SilverSneakers® BOOM Mind Gail 12:15 - 1:00 p.m.	SilverSneakers® BOOM Move It Gail	SilverSneakers® Yoga/Balance Gail		
2 p.m.- 2:45 p.m.							
3 p.m. – 3:45 p.m.		Yin Yoga Christine <i>*new time</i>					
4 p.m. – 4:45 p.m.	Yoga Teresa		Balanced Body Pilates Laura S. 4:30 - 5:15 p.m.		Balanced Body Pilates Laura S. 4:30 - 5:15 p.m.		
5 p.m. – 5:45 p.m.							
6 p.m. – 6:45 p.m.		Zumba Beth		Zumba Felix			

**James City County Recreation Center
757-259-4200**

COVID-19 Group Fitness Rules

In order to meet Phase II restrictions, the following rules have been put in place to ensure health and safety of all participants and staff.

- Group fitness and cycling classes have been moved to the gym.
- Group Fitness classes are limited to 23 students per class.
- Cycling classes are limited to 11 students per class.
- Masks are required while traveling throughout the building. Students may remove their mask while in class but are expected to wear them when not actively participating in a class.
- “X” marks your spot. Please stay within your designated area while participating in class. 10 feet of distancing must be maintained.
- Patrons must bring their own mat for classes that require a mat. Mats will not be provided.
- All classes will be 45 minutes to allow for proper cleaning in between classes.
- At the end of class, please leave your equipment in place and the instructor with clean and sanitize before putting away.
- Patrons must exit class space when class is over for sanitation procedures.
- Please follow directional arrows for the correct flow of pedestrian traffic.

For access to land and aquatic group fitness classes you will need to purchase a one month unlimited Group Fitness pass, 10 Tab wristband or Combo pass from the front desk.

- One month unlimited pass without a membership \$50
- One month unlimited pass with a membership \$30
- 10-tab wristband with no expiration date (10 classes) \$55