

# i'm FIT **OUTDOOR** CLASS SCHEDULE

## FALL 2020 SCHEDULE

Under the latest executive order we are now allowed to offer outdoor workout classes! As you know we are set up wonderfully for this with an outdoor track and large covered patio area.

Social distancing will still be followed, equipment will not be shared throughout the workout, and all equipment will be thoroughly sanitized after use. In addition, please bring your own water bottle as our drinking fountains have been turned off per CDC guidelines. FIT members will only be allowed to enter the building for 'urgent' use of the bathroom and be required to wear a mask if indoors. Mask use is certainly allowed during outdoor workouts, but is not mandatory.

Classes are currently being offered as High Intensity or Low Intensity workouts.

ADULT CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM	HIGH	HIGH	HIGH	HIGH	HIGH	
9:00AM	HIGH	HIGH	HIGH	HIGH	HIGH	HIGH
10:30AM	LOW	LOW	LOW	LOW	LOW	
12:00PM	HIGH	HIGH	HIGH	HIGH		
6:00PM	HIGH		HIGH			
6:30PM		HIGH		HIGH		

All classes will be approximately 45 minutes long and subject to cancellation in the case of inclement weather. Cancellations will be communicated through our Facebook page: [www.facebook.com/imoveFit](http://www.facebook.com/imoveFit).