

# Limited June 1<sup>st</sup> Aqua Schedule

Monday: 9:30-10:20am Aqua Workout Tamara P.

Tuesday: NO CLASSES

Wednesday: 9:30-10:20am Aqua Workout Natalie B.

Thursday: 9:30-10:20am SUP Yoga Elan K.

Friday: 9:30-10:20am Aqua Workout Irene H.

## Member Protocol

- Showers and sauna are not available at this time, and bring your own towel.
- Wear a face mask until ready to enter the pool; then, it can be removed. Upon exit, please put on the mask until you have left the building.
- When entering the pool, the front row by deck fills first from back (furthest from locker rooms) to front (closest to locker rooms), spacing according to blue markers by the side. The second row lines up behind the first against the noodle line. If a third row is merited, the swim lane behind the noodle row stays empty, and the next lane is used.
- Participants must stay in designated station throughout the workout.
- Maintain 6' distance between others on deck and 12' when exercising in the pool.
- If equipment is used, it must be kept with you throughout the workout (instructor will provide guidance if needed).
- When exiting the pool, the front row leaves first, then second, then third.
- Any equipment used is deposited in the sanitation area for cleaning. Paddleboards are to be unclipped and put onto the side of the pool for cleaning.
- Have a great workout!

