



Stamford

# GROUP FITNESS SCHEDULE

OCTOBER 27, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					ZUMBA WITH SANDRA GYMNASIUM 10:30AM-11:30AM
		ZUMBA WITH SANDRA GYMNASIUM HALF COURT 12:15PM – 1:15PM			
YOGA WITH VIKI STUDIO 1PM-2PM				YOGA WITH VIKI STUDIO 1PM-2PM	
ZUMBA WITH FRANCI GYMNASIUM HALF COURT 6PM-7PM		ZUMBA WITH FRANCI GYMNASIUM HALF COURT 6PM-7PM			

## RESERVATIONS ARE REQUIRED

- Please bring your own Yoga mats.
- We no longer offer towel service. Please bring a towel if needed
- If you have a cough, fever, or symptoms of COVID-19, please do not come to the class until you're symptom-free and fever-free for three days.
- If you have tested positive for COVID-19 or have knowingly come into close contact with someone who has, we ask that you do not come to the class for 14 days or until you've tested negative for COVID-19.
- If you feel unwell or have any concerns about coming into a class, please stay home and stay safe. We'll happily welcome you back when you're healthy and feel comfortable coming back.
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\*Schedule is subject to change without notice