



Campus Recreation Outdoor Fitness Location: Goolrick Courtyard

- Found behind the Fitness Center, in front of the main entrance to Goolrick Hall and the Anderson Center.
- Nearest bathroom: Goolrick Hall main entrance, down the left hallway found on the right wall.

Outdoor Fitness Class Guidelines & Procedures

REGISTRATION & CHECK-IN

- The outdoor schedule begins September 21. Classes are free September 21-25!
- **Pre-registration is required** at campusrec.umw.edu. Only those on the pre-registration list will be admitted into class. No walk-ups are permitted at this time.
- **Inclement weather** could move outdoor classes online. Registered participants will receive an email message from the instructor in this situation.
- **Please arrive to the outdoor class location 10 minutes** before class begins. You do not need to visit the Fitness Center prior to class.
 - Bring your EagleONE ID
 - Write your name and Banner ID on sign in sheet with mask on if others are nearby
 - Set up at your physically distanced spot

WHAT TO BRING

- **Face Covering/Mask**
- **EagleONE ID** for check-in

- **Sunglasses, a hat, and sunscreen** are recommended
- **Your own mat or towel** to exercise on
- **A full water bottle**

WHAT TO EXPECT

- **Speaker and headset microphone** will be used by each instructor.
- **Bodyweight exercises** will be used to limit the number of surfaces that are touched and require sanitation.
- **Movements** will be performed at a moderate to low intensity to avoid heat related illness and overexertion.

HEALTH & SAFETY

- **10 person capacity** for each class.
- **Physical distance** of 10 feet from other participants.
- **Instructors** will remain in their teaching location and avoid traveling throughout the class
- **Masks** are required at all times.
- **First Aid kit**, supplied with cool packs, band aids, sanitation wipes, etc. will be available at each class.
 - If you are allergic to bees or suffer with asthma, please bring an epi-pen, inhaler, or other medications to ensure your well-being.
- **Water coolers** and cups will be available at the outdoor location.
 - Please hydrate properly prior to class.
 - Participants are encouraged to bring a full water bottle to class.