FAC's Outdoor Fitness Schedule

Sept. 20th-Sept 27th2020

Monday

Kickboxing w/ George 9am
Bootcamp w/ Reggie 6pm

Tuesday

Aqua w/ Tamara @9am
Cycle w/ Stephanie L. @6pm

Wednesday

Kickboxing w/ George @9am
Kickboxing w/ George @5:30pm

Thursday

Aqua w/ Andrea @8am
Cardio & Strength w/ Tammy @9am
Cycle w/ Will @6pm

Friday

Kickboxing w/ George @9am
Kickboxing w/ George 5:30pm

Saturday

Cycle w/ Will @9am
Aqua w/ Tammy @9:30am
Boot Camp Express w/ Stephanie L. @10am

Sunday

Vinyasa w/ Jeff @8:30am
Aqua w/ Will @9am
Kickboxing w/ George @10am

FAC's Virtual Fitness Schedule / Zoom Meeting ID: 3730731436

Monday

No Class

Tuesday

Cardio & Strength w/ Tammy @11am

Wednesday

Kickboxing w/ George @9am

Cardio, Core & Arms w/ Stephanie L. @6pm

Thursday

Barre w/ Kat @10am

Friday

Kickboxing w/ George @9am

Yoga w/ Jeff @11am

Saturday

Yoga w/ Salil @10am

Sunday

Yoga w/ Salil @9am

Outdoor Class Requirements

- **All outdoor classes will be 45 min in length. (except yoga classes which be allowed to run for 60 mins)**
- **All members must pre-register for all outdoor classes on Franklinclub.com. Please proceed to the fitness class sign up to reserve your spot.**
- **All classes will be held either near the front entrance or in FAC's courtyard and or pool area.**
- **Please bring your own mats or weights for any formats that may require equipment.**
- **Please bring your own towels, water bottles and or sunscreen.**
- **All classes are scheduled for rain or shine conditions. But in the event of inclement weather please be advised that classes can be canceled. Email or SMS messaging will confirm and send out inform to all whom registers on our website.**
- **Social distancing will be a must and a requirement to attending any classes at FAC. Mask are required to be wore by all members and instructors before and after all classes.**
- **Cycle classes have a capacity of 16 open bike per class.**
- **Kickboxing, Yoga, Boot camp and Aqua has a capacity of 25 spaces per class.**