

*subject to change

SEPTEMBER

MONDAY 07

TUESDAY 08

9:30 AM

Vitality Fit w/ Sal
Patio
(high impact, held outdoors)

WEDNESDAY 09

9:15 AM

Pilates Mat w/Sarah
Room 205
(low impact, held indoors)

THURSDAY 10

9:30 AM

Formula w/Barbara
Patio
(high impact, held outdoors)

FRIDAY 11

9:30 AM

Vitality Vpr w/ Sal
Patio
(high impact, held outdoors)

SATURDAY 12

SUNDAY 13

9:15 AM

Pilates w/Sarah
Room 205
(low impact, held indoors)

MONDAY 14

8:30 AM

Pilates w/Sarah
Room 205
(low impact, held indoors)

9:30 AM

Vinyasa Yoga w/ Diana
Room 205
(low impact, held indoors)

TUESDAY 15

9:30 AM

Vitality Fit w/ Sal
Patio
(high impact, held outdoors)

WEDNESDAY 16

9:30 AM

Burn w/ Bren
Room 205
(low impact, held indoors)

9:30 AM

Vitality Fit w/ Sal
Patio
(low impact, held indoors)

THURSDAY 17

9:30 AM

Vitality Vpr w/ Sal
Patio
(high impact, held outdoors)

9:30 AM

FeLEEEing It w/ Lee
Room 205
(low impact, held indoors)

FRIDAY 18

9:30 AM

Vitality Fit w/ Sal
Patio
(high impact, held outdoors)

SATURDAY 19

SUNDAY 20

MONDAY 21

8:30 AM

Vinyasa Yoga w/ Diana
Room 203
(low impact, held indoors)

9:30 AM

Pilates Mat w/ Sarah
Room 205
(low impact, held indoors)

TUESDAY 22

8:30 AM

Pilates w/ Sarah
Room 205
(low impact, held indoors)

THINGS TO NOTE:

While we are able to open parts of the building to lower-risk formats in accordance with New York State law, we must do so with extraordinary caution:

- High-aerobic/impact classes are being offered outdoors only for now.
- Spaces are limited due to reduced class capacities. Appointments are required and there is no guarantee that we can accommodate walk-ins.
- You must arrive on time.
- Wear a mask in all areas of the building, even during exercise.
- Your temperature will be taken. Those with temperatures of 100 degrees or higher will not be allowed to enter.
- A COVID-19 waiver will be signed during check in.
- Practice social-distancing.

Reservation Policy (soft opening)

Effective September 2, you can reserve up to one week in advance for group fitness classes.

To reserve your spot, **DM @sccexercise on Instagram or email Carol@SCCLive.org**

Online bookings available soon.

Cancellation Policy

If you cannot make it to class, you must **DM @sccexercise on Instagram or email Carol@sclive.org** at least 24 hours in advance. Please be mindful as class capacity is limited. No-shows will be tracked.

Please bring your own towel!

Follow **@sccexercise** for more info and check **SCCLive.org/Reopen** for the latest on reopening updates and more of what to expect.