

From The Fitness & Pools Committee:

Protocol for Trower Boyd's Classes January – March

Monday, Wednesday, Friday 8:30am, 9:30am, 10:45am

(The following will enable everyone to attend at least one class each week)

1. Maximum participants per class are 20. No Exceptions!
2. If you attend Yoga, please do not sign-up for the 8:30am or 9:30am class, unless at starting time the class is not full. Remember there is a 10:45am class offered.
3. Only sign –up yourself for the class.
4. Arrive at least 15 minutes before start time.
5. If you sign-up for a class and leave the building, you need to return at least 15 minutes before class time.
6. In consideration of other Members, we would appreciate Members that have a guest, please Attend the 10:45am class.