

“EXERCISE IN THE PARK”
FAIR LAWN SENIOR CENTER
Even More Classes – Welcome Current Non-Residents!

We applaud your dedication to staying social distant during our fitness classes. As a thank you, we reward you with MORE classes! The following guidelines have been developed in accordance with the FL Health Department, State of NJ, the Governor’s Directives and the CDC.



Admittance:

- **Please take your temperature before coming to class and stay home if you are sick.**
- **Be mindful of your personal limitations. It is important to pay attention to how you feel and be aware of symptoms of dehydration, heat stroke and heat exhaustion.**
- **Outside exercise classes at the Pavilion are only open to current Fair Lawn Senior Center members, who are registered with a Membership Form and have a completed Health Questionnaire signed by their Doctor. This now includes residents and non-residents, with the previous “Fair Lawn First” attendance set up. *Sorry, but at this time we will not be accepting any new Health Questionnaires.***
- **Members are strongly encouraged, but not required, to wear face coverings when arriving and leaving the exercise classes. Face coverings are not recommended during exercise but should be worn at all other times. The Borough will not provide face coverings to members.**
- **Attendees are required to maintain a six-foot social distance from each other in the parking lot and under the Pavilion, to the best of their ability. Family members/caretakers may remain together in closer proximity.**
- **The Bathhouse restrooms will be available. The number of guests allowed inside a restroom at one time will be limited. Please wash your hands upon entering and exiting restrooms. Face masks will be required indoors when entering the restrooms.**
- **The Borough reserves the right to cancel or adjust classes based on weather, attendance and social distancing.**

Healthy alternatives before/after class include walking around the park and enjoying the fitness center near the playground (end of Essex Place).

***** REVISED SCHEDULE BEGINS TUESDAY, OCTOBER 13, 2020 *****

NO EXERCISE on Columbus Day, Veterans Day or Thanksgiving Break

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8:30	Stretch *	Stretch *	Stretch *	Stretch *	Stretch *
9:30	Circuit * ^	Circuit * ^	Circuit * ^	Circuit * ^	Circuit * ^
10:30	Stretch *	Stretch *	Stretch *	Stretch *	Stretch *
2:00	Tai Chi * (if necessary)				
	<i>Equipment Key: * = chair</i>		<i>^ = weights</i>		<i>* ^ = both</i>

In case of inclement weather, please call this line: (201) 951-0638.

Location:

- Memorial Park Pavilion is located in Memorial Park, at the Avenue of Heroes, and parking is available nearby in the pool parking lot.
- Class is limited and is filled on a first come, first serve basis for Fair Lawn residents. Openings for each class are available to non-residents at the start of each class.
- Classes will be 45-minute sessions (with the exception of Tai Chi is 60 min).
- Participants are permitted to do one (1) class a day, including Tai Chi class.
- Attendance will be taken by the instructor at the beginning of every class.
- Social distance markings are located under Pavilion.
- Participants who do not maintain social distancing will not be permitted to attend future exercise classes.
- There will be no exercise permitted outside the confines of the Pavilion.
- **Class will be suspended if people do not adhere to these restrictions.**

Equipment:

- Participants must bring their own equipment (chair, weights or both), items should remain in the sole possession of the owner and should not be shared.
- Proper athletic footwear must be worn.
- With the temperatures dropping, please layer your clothing using tee shirts, sweatshirts, jackets and the like.
- Please bring your own water bottles. Please dispose of water bottles and other garbage appropriately. Receptacles will be routinely emptied and disinfected by staff.
- Picnic tables will not be available.
- Any equipment left at the park will be discarded and not saved in a lost and found.

Stay Safe * Stay Well * Stay Strong * Stay Connected