

# Outdoor NRG Class Schedule

Valid month of July 2021

UofG Students - Free

Non-Students - \$10

Non-Students (Staff/Faculty/Community & UofG Students currently NOT registered in classes)

[Purchase Pass Now](#)

All Classes must be reserved in advance. After reviewing below Policies & Protocols, please proceed to reserve your class @ [gryphons.ca/reservations](https://gryphons.ca/reservations)

[Book Now](#)

| Date of Class     | Time    | Format     | Instructor | Location     |
|-------------------|---------|------------|------------|--------------|
| Mon June 28, 2021 | 12-1pm  | Yoga       | Sobia      | Main Diamond |
| Wed June 30, 2021 | 12-1pm  | Zumba      | Steph M    | Main Diamond |
| Tue July 6, 2021  | 12-1pm  | Yoga       | Sobia      | Main Diamond |
| Thu July 8, 2021  | 10-11am | Boot Camp  | Lynne      | Main Diamond |
| Mon July 12, 2021 | 1-2pm   | Tabata     | Sheri-Lynn | Main Diamond |
| Wed July 14, 2021 | 12-1pm  | Zumba      | Steph M    | Main Diamond |
| Mon July 19, 2021 | 1-2pm   | Body Blast | Sheri-Lynn | Main Diamond |
| Wed July 21, 2021 | 12-1pm  | Zumba      | Steph M    | Main Diamond |
| Tue July 27, 2021 | 12-1pm  | Pilates    | Sobia      | Main Diamond |
| Thu July 29, 2021 | 10-11am | Boot Camp  | Lynne      | Main Diamond |

## Enforced Booking Policies

- \* All time slots must be reserved in advance for the purpose of contact tracing.
- \* Bookings can only be made for yourself – booking for others is NOT Permitted.
- \* Max one (1) time slot per day for Outdoor NRG Classes, Indoor NRG Fitness classes, Fitness Centre.
- \* No back to back bookings permitted in the same space.
- \* Bookings available to reserve 7 days in advance, on the hour (means you don't have to wake up at midnight to make your booking).
- \* Time slots will be available to reserve up until 1 hour before the desired start time.
- \* All members must have a booking to access our building and outdoor spaces.
- \* Clients should cancel reservations on their own and can do so without penalty up to 1 hour before the booked time.
- \* Reservations can be managed through the app or your email confirmation.
- \* Non-members will be denied access to reserved time slots.
- \* All Clients must check in upon arrival.
- \* Clients who register for a time and continuously do not show will have their memberships temporarily suspended.

## Outdoor Fitness Protocols

- \* Everyone is required to complete the U of G COVID-19 Screening Form prior to every visit using the QR code or by visiting > [uoguel.ph/COVID19screening](https://uoguel.ph/COVID19screening) or access to the facility will be denied
- \* You will be asked to show the "Green Check Mark" from your UofG confirmation email when you arrive.
- \* If you experience any symptoms on the screening form or do not feel well, please stay home
- \* All participants must exit the area as soon as the scheduled time is over in order to allow for 10 minutes of cleaning after each workout block
- \* Everyone must check-in upon arrival to the Outdoor Fitness Area (located at the Main Baseball Diamond)
- \* Late entries will only be permitted up until 10 minutes into each workout block
- \* Everyone must obey 3 metres of physical distancing guidelines when outdoors
- \* Face coverings must be worn while entering & exiting the Outdoor Fitness Area, as well as when leaving your designated workout area
- \* Individuals may choose to wear face coverings while working out
- \* Everyone is expected to wipe all equipment after each use

The Outdoor Fitness Area including Outdoor NRG Classes, Drop-in, & Group Training Sessions may be cancelled, postponed or rescheduled due to weather or facility emergencies or unforeseen conflicts. During inclement weather, only the fitness staff member present on site can cancel outdoor fitness programming. Do not assume your time or class will be cancelled, as the weather is very unpredictable. Registered Group Training Sessions that are cancelled will be made up on Friday at a time that may not be consistent with the original program.

LIGHTNING POLICY: If thunder is heard within 30 seconds of seeing lightning, programming will be cancelled.

RAIN POLICY: If light drizzle, will not cancel the program. However, significant rainfall would see the program be cancelled.