

Aerobics – July 6-10

Aerobics Classes Procedures and Guidelines

Aerobics Classes will be offered based on the current State of Delaware mandates. Patrons must use a face mask EXCEPT when actually working out.

For everyone's protection and guidelines from the Delaware Governor, please do not participate if you:

- Are exhibiting any symptoms of the COVID 19 virus: mild to severe respiratory illness with fever, cough or difficulty breathing, or other symptoms identified by the CDC.
- Have been in contact with someone with COVID 19 in the last 14 day.
- Are a vulnerable individual. A vulnerable individual is someone 65 years of age or older, and/or an individual with chronic lung disease or moderate to severe asthma, serious heart condition, immunocompromised, severe obesity and diabetes. Individuals who regularly come into close contact with these vulnerable populations should also take enhanced precautions. (For states in Phase Three, a vulnerable individual can resume public interactions, but should practice social distancing.)

Publication of Aerobics Schedule

Classes will be published on a weekly basis, unless otherwise posted. Changes that may reflect when published weekly: max # of patrons able to participate per class, how to register for a class, classes added, location change, or an instructor change. This will be communicated out by: Email blast to Sea Colony Owners, Sea Colony Website, Facebook- Sea Colony and Fitness Center, Sea Colony Mobile APP, Fitness Instagram

Aerobics Class Schedule - Monday, July 6 through Friday, July 10, 2020

Monday, July 6, Wednesday, July 8, Friday, July 10

Water Aerobics- 8-8:45 a.m.

- Aquatic Center Outdoor Pool- Tennis Pool 4
- Available to Sea Colony Owners, Renters and Local Residents
- No Equipment will be provided; patrons may bring their own water weights
- Instructor- Cindy
- Max # of Participants- 40

Beach Yoga Fusion- 8:45-9:30 a.m.

- Edgewater Beach near the crossover
- Available to Sea Colony Owners & Renters ONLY
- No Equipment will be provided; patrons must bring their own yoga mat or beach towel
- Instructor- Jackie
- Max # of Participants- 25

Tuesday, July 7 and Thursday, July 9

Aqua Zumba- 8-8:45 a.m.

- Aquatic Center Outdoor Pool- Tennis Pool 4
- Available to Sea Colony Owners, Renters and Local Residents
- Instructor- Shantel
- Max # of Participants- 40

Class Fee- EXACT CASH ONLY

Sea Colony Owners- \$5 per person/class

Non-Owners- \$7 per person/class

To limit contact and keep our class check in smooth and efficient as possible, we will not be accepting Aerobics Class Cards during this time.

Important Info for Class Participants

Sea Colony Owners Pre-Registration

- Sea Colony Owners may pre-register for Water Aerobics, Aqua Zumba & Beach Yoga Fusion the day before by calling the fitness center 302-539-4511 between 4-8 p.m. ONLY
- If you are unable to attend you must call the fitness center at least 30 minutes before the scheduled class to inform the staff

Class Arrival Time

- Water Aerobics & Aqua Zumba- MUST arrive between 7:35 and no later than 7:55 a.m. to register/pay for class at the designated area. An employee will be located at the pool gate under the mailbox pavilion.
- Beach Yoga Fusion- MUST arrive between 8:25 and no later than 8:40 a.m. to register/pay for class at the designated area. An employee will be located at end of the Edgewater Beach crossover.
- Payment will be collected upon registering and must be exact cash ONLY.
- Slots are limited on a first come first serve basis
- Social distancing must be followed during this time- Patrons must ensure they are 6 feet apart at all times during class.
- Bring a water bottle
- Do not gather or linger after class is over, must exit the area in a timely manner at the end of class.