

# Adult Yoga

*Ages 18 and Up*

Whether you have been practicing yoga for years or this is your first time, this class is for you! Release stress and improve personal well-being this fall. Yoga will bring balance, breath awareness, stamina and flexibility to the body and mind. Students will be able to work at their own level, modifying poses as needed. **Please note:** Participants must wear a face mask and bring a yoga mat and water bottle to class. Due to COVID-19, several new policies are required of all participants and their families. Please see page 2 for details. **Min: 12 / Max: 24.**

**Dates:** Tuesdays, October 6 – October 27, 2020

**Time:** 6:15 – 7:30 PM

**Fee:** \$18.00 Residents / \$22.50 Non-Residents

**Activity Number:** 3605.0337.101

**Location:** Enfield Annex Gym, 124 North Maple Street

## **- Online Registration Begins -**

**Residents:** Tuesday, September 15 at 8:00 AM

**Non-Residents:** Tuesday, September 22 at 8:00 AM

*If you wish to register in person, please call the office at 860.253.6420 to set up an appointment, M-F, 8AM - 4PM.*



Enfield Recreation | 19 North Main Street  
860.253.6420 | [www.enfield-ct.gov/recreation](http://www.enfield-ct.gov/recreation)

## **PROGRAM POLICIES RELATED TO COVID-19**

- **If you or anyone in your household does not feel well for ANY REASON, please do not attend the program.**
- Please notify us if you or someone in your household tests positive for COVID-19 on the day of the program or in the 14 days immediately following the program.
- Masks **MUST** be worn by participants at all times during the program when they are not on their mat. This includes arriving, leaving, mat set up and break down and when using the restroom.
- Sign-in will be contactless and conducted verbally by the instructor. When signing in, please maintain a social distance of at least 6 feet between yourself and others.
- Please enter the building through Door 1 (main lobby by the gym). Only participants will be allowed in the building.
- Participants must complete a personal health screening before arriving to the program each time. Email reminders will go out weekly to all participants.
- Hand sanitizer and restrooms will be available for participants to use during the program. Hands must be sanitized/washed before entering the gym and as needed during the program.
- Peer-to-peer and instructor-to-peer contact will not be allowed at any time during the program.
- Participants are responsible for their own equipment. Please note that there will be no access to the water fountains so participants should bring enough water for the program. Personal items will not be shared during the program.
- Participants must follow the instructor's directions to keep socially distanced throughout the program. The floor will be marked with proper distance between mats.
- Participants should bring all of their belongings with them when they leave - any items left behind will be discarded.
- **Policies are subject to change based on new local, State or Federal regulations. We will communicate any changes via email.**