



# HOPE MILLS PARKS AND RECREATION

5766 ROCKFISH RD, HOPE MILLS, NC 28348 910.426.4109 TOWNOFHOPEMILLS.COM



- **Maximum of only 9 participants** per class due to requirements of 6 feet social distancing.
- 5x5 squares will be marked on floors for personal exercise spaces; 6 feet measured between each exercise square.
- Hand sanitizer will be placed at entry.

## NOVEMBER SESSIONS:

### BEGINNING TUE, NOV. 3

Days: TUE 2:15 - 3:15 pm  
THU 2:15 - 3:15 pm

**NO CLASS ON THU, NOV. 26**

Cost: FREE

Location: Gary Dove Memorial  
Building at Brower Park

Parking available at far left lot of  
Rockfish Elementary School

## YOGA 55+

Move through poses and stretches to improve flexibility, mobility and balance. This is a floor based Yoga class, however modifications may be provided as needed. **MUST**

**PRE-REGISTRATION ONLINE ONLY** via Civic Rec will be required, still at no cost, but due to such small number of slots available.

Multiple absences may result in being removed from a class roster. This is so others interested in attending may be accommodated. You **MUST** bring your own mat.

**FACE MASKS MUST BE WORN AT ALL TIMES BEFORE AND AFTER EXERCISING!**

REGISTER ONLINE AT [WWW.TOWNOFHOPEMILLS/177/PARKS-RECREATION](http://WWW.TOWNOFHOPEMILLS/177/PARKS-RECREATION)