



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 and equipment/chair wipes will be placed at entry.

NOVEMBER SESSIONS: BEGINNING TUE, NOV. 3

Tuesdays	9-10 am
Tuesdays	10:15-11:15 am
Thursdays	9-10 am
Thursdays	10:15-11:15 am

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

FUNCTIONAL **FITNESS (CHAIR) 55+**

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. Participants are strongly encouraged to bring their own weights and resistance tube if they have one or both.

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

REGISTER ONLINE AT WWW.TOWNOFHOPEMILLS/177/PARKS-RECREATION