



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 1:00 - 1:45 pm
THU 1:00 - 1:45 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

STRONG BONES ⁵⁵⁺

Weight bearing exercises not only maintain, but can help improve bone density. Various fitness equipment is used to provide strength training exercise, and some portions are done on the floor.

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 your own weights however 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