October 2020 Newsletter

annapolis | recreation & parks

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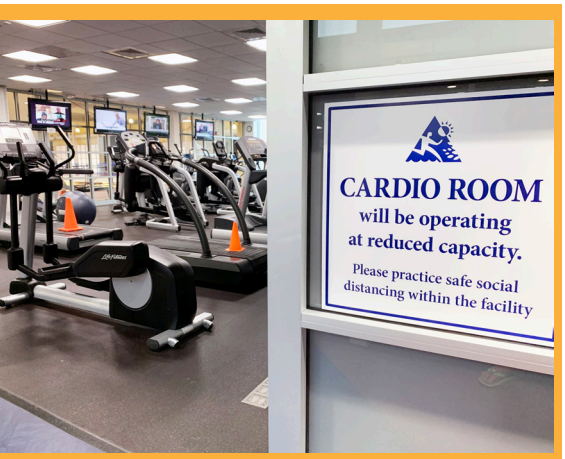
Outdoor fitness classes held on the outdoor basketball courts at PMRC!

- Tuesdays, 8 - 8:45 am, Boot Camp, led by Stacey Oliff
- Tuesdays, 9 - 10 am, Groove Ride, led by John Clifford
- Tuesdays, 11 am - 12 pm, Yogilates, led by Aimee Seal
- Thursdays, 11:30 am - 12:30 pm, Cardio Lunch Break, led by Leandra Parkinson
- Fridays, 9 - 10 am, Groove Ride, led by John Clifford

Please check in at the Front Desk inside before coming to class. As for indoor classes, there are limited spaces for outdoor classes as well. You will receive a space number from the Front Desk that you need to present to the instructor.

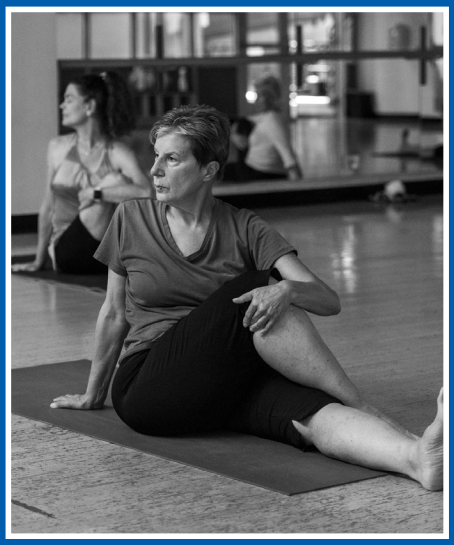


Due to COVID-19, all persons must comply with the following while at PMRC:

- receive a temperature check upon entry
- complete a brief questionnaire
- wear a face covering or mask at all times except while exercising

Make a Difference Day

Fall GreenScape is Sat, Oct 24

View the weekly fitness classes schedule online!

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