

Body Blast instructed by Michele Vecchione

Build your bones, strengthen and stretch your muscles in this 50-minute strength training program. Whether you are a beginner or more advanced, this class is right for you as modifications are provided for various abilities. You need to bring a mat, small hand towel or kitchen towel, a water bottle, and a cloth face mask which must be worn entering and exiting the building and when not exercising. *Bring 2 exercise bands or purchase a set of two bands to take home for \$5 when registering. Specify beginner, intermediate or advanced level bands when purchasing.* In registering for class, you agree to adhere to the COVID guidelines specified by Bow Parks and Recreation. Eight-foot spaces have been delineated on the floor with two feet between each for social distancing. Please arrive ten minutes early so you can sanitize or wash your hands and tell the instructor what size weights you would like to use (Instructor will get them for you.) You will be required to sanitize your equipment and workout space at the end of class. Anyone 60 and older or those with a health risk will need a doctor's note to participate.

Location:

Bow Community Building

When:

Mondays 8:20—9:10 am

September 14, 21, 28, October 5, 19, Make up if needed October 26 No class October 12

Cost:

\$35 Bow Resident

\$40 Non Resident

Additional \$5 if you are purchasing your own Bands

Beginner Line Dancing Instructed by Michele Vecchione

Never line danced? Just a beginner? This class is perfect for you. Join us and you'll be doing jazz boxes, twinkles, shuffles, rocks and more before you know it. It's a fun way to add movement into your routine. NO experience necessary. For experienced beginners, class will include dances for you, too. Take a break whenever you want. Bring a cloth facemask, which must be worn when not dancing. Bring a snack if you wish, and have fun dancing with us. Wear smooth-soled shoes; or, if wearing sneakers, bring a pair of old athletic socks that can be cut up and worn over your shoes to make turns easier. In registering for class, you agree to adhere to the COVID guidelines specified by Bow Parks and Recreation. Eight-foot spaces have been delineated on the floor with two feet between each for social distancing. Please sanitize or wash your hands upon arrival. You will be required to sanitize your equipment and workout space at the end of class. If you also signed up for Body Blast which is before this class, you will be allowed to remain in the building with a mask and socially distanced. Come join the fun!

Location:

Bow Community Building

When:

Mondays 9:40—11:00 am

September 14, 21, 28, October 5, 19, Make up if needed October 26 No Class October 12

Cost:

\$40 Bow Resident

\$45 Non Resident

50 Plus Fitness Instructed by Michele Vecchione

This class will begin in November if the COVID pandemic is waning. More information in our next brochure.



Important COVID 19
information on the back.

Parks & Recreation

3 Bow Center Road (physical)
10 Grandview Road (mailing)
Bow, NH 03304
Website: www.bownh.gov
parksandrec@bownh.gov
Phone: 603-223-3920
Fax: 603-228-2230

Stop by the Bow Parks and Recreation office to register.

If you have any questions please call the office at 223-3920.

- * FITNESS CLASSES are CO-ED for Adults
- * Classes held at the Bow Community Center unless otherwise noted.
- * Come hydrated, drink water during class and extra water after class!
- * The warm-up is a critical part of class. Please make every effort to arrive to class on time so your body is properly prepared.
- * Remember to work at your own pace and listen to your body!
- * Please Change Your Shoes! We are trying to keep the floor space clear from any debris or water. Wear street shoes to class, enter by the front door and change into workout shoes.
- * **Cancellations** may occur, be sure we have your current email on file as notifications will be sent via E-Blast.

*~Health & Happiness from
all of us at Bow Rec!*

Important COVID 19 Guidelines for Bow Community Building

COVID Guidelines

- * For the safety of all, class sizes will be limited in size and participants will exercise 8 –10 feet apart from each other.
- * Participants must wear a mask at all times except when exercising.
- * Participants are responsible for sanitizing their own equipment and area after class with the supplies made available for you.
- * Individuals should contact the Bow Recreation office if a positive test has been received for COVID 19.

Individuals should not enter the building if any of the following apply:

- ⇒ If you are exhibiting any symptom of COVID 19.
- ⇒ If you have a fever of 100.4 °F or higher.
- ⇒ If you have been in close contact with someone who is suspected or confirmed to have COVID 19 in the past 14 days.
- ⇒ If you have traveled in the past 14 days either internationally, by cruise ship, or domestically outside of NH, VT, ME on public transportation.