

Registration for Outdoor Program **SHAPE AND TONE**

Shape and Tone is a healthy workout program instructed by Susan Lao. It helps members to stay active including cardio, balance, strength and flexibility.

There are two sessions, but, each member can only register for one session. Please do not register for either session if you will be away for 3 or more classes. Location will be Gordon Stollery Park located to the rear of Angus Glen Community Centre.

Sessions are as follows:

SNT1 (Monday 9:30 am to 11:00 am): July 12, 19, 26; Aug 9, 16, 23, 30

SNT2 (Friday 9:30 am to 11:00 am): July 16, 23, 30; Aug 6, 13, 20, 27

Registration will start on July 7, 2021 at 8:00 am.

Any registrations done prior to the start time as determined by the “Google Forms” time stamp may not be processed

[Click here to register for Shape and Tone outdoor classes](#)

Only successful registered participants will be informed through email. You will also receive a link for an electronic COVID-19 self-assessment. Participants will need access to a phone, computer or iPad to access the site and complete at home before attending classes.

Please bring your membership card, Health card, own water bottles and hand weights (1 or 2 lbs). Come with running shoes and clothes that are comfortable and flexible. Try to drink some water one to two hours before the program starts. For any further information please email Fui Chong at programs@agoac.ca

Health & Safety Precautions for **SHAPE AND TONE** Participants

- Number of participants are limited based on Provincial COVID-19 PROTOCOLS
- Each participant must complete COVID-19 self-assessment at home before attending the session. A link will be supplied to successful participants. Active screening is recorded electronically. Use hand sanitizer or wash your hands before the start of the program.
- Entry is prohibited until self-assessment is completed and contact tracing information is recorded
- Those who confirm potential COVID-19 exposure are directed to self-isolate and contact Public Health
- A mask or face covering (using a clean mask each time) is recommended and mandatory when physical distancing cannot be maintained
- Physical distancing of 2 meters/6 feet is required at all times
- Community Centre INDOOR washrooms, change rooms and lockers are NOT available
- Park washrooms adjacent to the workout area are available.