



JOHN B. NORRIS
RECREATION CENTER

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Managed by the St. Charles Park District

Group Fitness Classes Tier 3 Guidelines

Updated November 20, 2020

1. Indoor Group fitness classes have been postponed until further notice.

Virtual Group Fitness Classes

1. Virtual Group fitness classes are available on our Facebook page via a private group “NRC Group Fitness and Personal Training”
2. Virtual group fitness classes are allowed for members.
3. The NRC Facebook Group Administrator approves all requests to join.
 - a. 24-48 hours for approval into group.