

Fitness Classes

What fitness classes are offered at this time?

To comply with the current Joint Public Health Order, fitness class capacity is limited. Basin Recreation will be offering outdoor fitness classes, capped at 19 participants, as well as virtual Zoom fitness classes.

A fitness class schedule through the month of May can be viewed [HERE](#).

Is registration for fitness classes required? How do I register?

Yes, participants must pre-register for all classes. Patrons with a fitness membership can register online free of charge. Patrons using a fitness punch pass or purchasing a daily drop-in fitness pass must contact The Fieldhouse front desk to reserve their spots. Drop-ins are not permitted at this time.

Individuals can register for a fitness class starting on Saturday, May 16 at 7am for classes running from May 18 through May 31. To register for a class, [CLICK HERE](#) and follow the registration process. An updated waiver will be displayed during the check-out process.

If a fitness class is full, a waitlist will automatically be generated. Waitlisted patrons will be notified via email if a spot becomes available. Please claim your spot no later than one hour before class begins. If you are unable to attend a scheduled fitness class, please contact The Fieldhouse front desk to be removed from the class.

What can I expect from the outdoor fitness classes?

All outdoor fitness classes will be located at Matt Knoop Park (4056 Shadow Mountain Drive Park City). Classes will be 45 minutes long, with no more than 19 participants and your instructor. Children are not permitted at or around these fitness classes.

When arriving to the park, please walk to the field and roll call will take place before the class begins. We ask that you not congregate in groups. Restrooms at Matt Knoop Park will be available. For weather cancellations, an email or text will be sent to participants prior to the fitness class.

The turf field will be marked to show ten-foot social distancing between participants. You are welcome to bring your own weights/equipment or use the equipment provided. For yoga classes, please bring your own mat. Disinfectant spray will be provided and hand sanitizer available. While masks and gloves are not required, please feel free to wear them during class.

What can I expect from the virtual Zoom fitness classes?

Pre-registration is required for all virtual Zoom fitness classes. The fitness class instructor will be located at The Fieldhouse. All virtual fitness classes will be 45 minutes long.

Once registered, a Zoom link will be sent to you via email. Please make sure you have the most current version of Zoom downloaded on your device. If you encounter technical difficulties or are unable to participate in the class, please contact The Fieldhouse front desk for assistance.

Additionally, free fitness class videos will continue to be posted to the website every Monday. Check back [HERE](#) regularly.

Pool

The Fieldhouse pool will be open Monday through Saturday, 8am-6pm and Sunday, 9am-5pm. Children under the age of 14 may not use the pool unless participating in lap swimming under the supervision of an adult. Consistent with the current Joint Public Health Order, the hot tub is closed until further notice.

The Fieldhouse pool is limited to one person per lane for 50-minute blocks and available by appointment only. Pool lanes will be open on May 18 and may be reserved starting on May 16 for use through August 17. All reservations must be made at least 24 hours in advance and no more than 7 days in advance. Reservations for immediate use must be made by calling The Fieldhouse front desk at (435) 655-0999.

Lap lane reservation can be made online [HERE](#) and there is no fee associated if you have a Fieldhouse Facility membership. If you are interested in purchasing a daily drop-in pass, contact The Fieldhouse front desk to reserve your spot.

There are no aquatic fitness classes at this time, however reservation of a lap lane for low-impact and rehabilitation exercises is allowed. Masters swim workouts will be posted on the pool deck.

Restrooms are open, however locker room and showers remain closed at this time. Please shower at home and arrive to the facility in your swimsuit. Please bring all personal equipment; there will be no Fieldhouse provided pool equipment at this time. Please keep personal items to a minimum.



www.basinrecreation.org | (435) 655-0999