

Start Date: Monday June 8th

Where: Syphus Training SCS Parking Lot, Weather Permitting

Tentative Schedule/Pros:

Pro	Monday	Tuesday	Wednesday	Thursday	Friday	Pro	Saturday	Sunday
Joe	5:30am	5:30am	5:30am	5:30am	5:30am	TBD		
	6:30am	6:30am	6:30am	6:30am	6:30am			
Cathy	8:30am	8:30am	8:30am	8:30am	8:30am		8:30am	8:30am
	9:30am	9:30am	9:30am	9:30am	9:30am		9:30am	9:30am
	10:30am	10:30am	10:30am	10:30am	10:30am		10:30am	10:30am
Mike	4:00pm	4:00pm	4:00pm	4:00pm	4:00pm			
	5:00pm	5:00pm	5:00pm	5:00pm	5:00pm			
	6:00pm	6:00pm	6:00pm	6:00pm	6:00pm			

How Many People per Class: 8 People per class allows for a minimum distance of 6 feet per person, 4 people can also be registered on the waiting-list.

Who Can Attend: Any Members with an *active* monthly auto-pay membership. Drop-ins, short-term and 10-class package members will not be permitted at this time. If you would like to upgrade or reinstate your monthly autopay you may do so via email to hackett@syphustraining.com. Upgrades/reinstates will not be processed before June 8th (*see below for details*).

Who Cannot Attend: Newcomers to Syphus need a proper initiation; please come back once we open our Turf!

When Can I Register for Classes? To show our gratitude to our Syphus-family who voluntarily continued with their membership dues throughout Covid, we are offering first dibs on classes. It's the least we could do! Registration for these members open on Friday June 5th at 12:00pm. Registration for reinstated and short-term members will open on Monday June 8th.

How Far in Advance Can I Register for Classes? Given the unpredictability, we will only be scheduling classes out in one-week increments. Our times and class sizes are likely to change once we're cleared to move indoors. Until then, we plan on releasing the next week's schedule every Friday at 12:00pm. Schedules for the coming week are considered Monday-Sunday.

The Workouts: Workouts will be primarily body weight and/or plate carrying tasks. These workouts will be designed knowing that everyone will be coming off a long hiatus. A safe return to your workout is priority number one. We understand the *ramp-up* needed before you're fully reacquainted to Syphus. The workouts will be scored, but as always, you can opt out of that day's score. Workouts will be posted on under The Motherboard tab in one-week installments to reflect the above Mindbody scheduling release dates.

Covid Safety/Outdoor Participation Waiver: In order to participate you must sign this participation waiver and release form. This only needs to be done upon the first day of your return. We will have extra copies at the turf or you can print and submit to your Pro when you arrive for class.

Other Details:

Late/No Show fees will not be applied, but if you SIGN UP, SHOW UP!

Parking will be available nearest the back entrance, in the lot at the park along Pallister on the other side of the building near the motel.

Indoor access will NOT PERMITTED, please bring your own water bottles.

Gloves suggested, even if you normally don't use 'em.

Hand and plate sanitizer will be provided.

Details on indoor Syphus and future operations will be posted as it comes.