

## Outdoor Fitness Classes

### How to Sign up for an Outdoor Class

#### Existing Members

1. Sign into your [MINDBODY Online account](#)
2. Sign off on our new Liability Waiver before registering for any classes
3. Navigate to the [class schedule](#)
4. Select the session you want to Join
5. Click 'Book Now'
6. Be on the lookout for an email confirmation the day prior to class, containing the location of class, a park map, safety guidelines and need to know information and the COVID-19 Screening Questionnaire for you to review.
7. We'll see you in the park

#### Non-member Associates

1. Please open [MINDBODY Online](#) in Google Chrome from your desktop
2. Enter your Humana email in the Create Account section and follow the steps to create a MINDBODY account
3. Once completed, navigate to the [class schedule](#). You can also search our class schedule on the MINDBODY App at this point using the log in credentials you just created
4. Select the session you want to Join
5. Click 'Book Now'
6. Be on the lookout for an email confirmation the day prior to class, containing the location of class, a park map, safety guidelines and need to know information and the COVID-19 Screening Questionnaire for you to review.
7. We'll see you in the park!

## The Rules of the Road

We will be adhering to strict guidelines to promote participant safety while exercising outdoors.

The following procedures will be in place for all participants attending a fitness class in the park:

- Must have completed the Liability Waiver online and enrolled in the class through MINDBODY (*No additional family members or guests may attend the class*)
- Must check-in upon arrival with a mask on to complete temperature check and Humana Screening Questionnaire - please do not arrive more than 10 minutes prior to the start of class
- Masks must be worn until you are in your designated workout zone where you can safely remove it and enjoy your workout
- Maintain at least 6-foot distance from other participants
- No sharing of equipment and must wipe down equipment after use
- Please bring your own mat for Yoga classes
- Please bring your own water or other form of hydration
- Listen to all cues and direction from your instructor prior to, during and following class
- Your mask must be worn anytime you leave your workout zone

Prior to class, you will be sent an email that includes the Humana Screening Questionnaire. If you are able to answer “yes” to any of the questions, please do not come to class, cancel your reservation, and refer to the questionnaire for next steps.

Our instructor and assistant will also be performing a self-temperature and screening prior to class. If any participant does not adhere to these guidelines, or fail to pass the temperature and/or screening upon arrival, they will not be permitted to participate in class.

## Cancellation and Inclement Weather Policy

In case of inclement weather or other issues resulting in a need to cancel class, all participants will receive a cancellation email and a phone call from our fitness center team.

If you are unable to attend a class, please be courteous and cancel your reservation as soon as possible. Classes are limited to 10 participants. Our team will keep track of participation and too many “no show” occurrences may result in the loss in ability to attend class.

## Questions

Let’s all commit to doing our part in making this a great experience! If you have questions or concerns regarding any of the outdoor fitness class offerings or guidelines listed, please email [wel@humana.com](mailto:wel@humana.com). We’ll see you in the park soon!