



BRFit Outdoor WOD Guide!

We are so thrilled to be able to deliver fitness, in person, again! While we're still not in the gym we will be able to gather once more for fitness, together. Please take a moment to read this guide to ensure you have the best experience possible. See you in outside the gym!

General:

- All classes will meet outside Beast River Fitness before heading to the workout location.
 - Actual workout location will be at Tompkins or East River depending on the workout.
 - Yoga will still be only virtual.
- Bring your own equipment.
 - If you would like to re-activate your membership and rent out a piece of equipment, please email us at team@beastriver.com.
- Please plan to bring all your belongings with you to the workout location.
- 6' social distancing and mask wearing must be observed if inside the gym. The shower is closed.
- You must have an active membership to reserve and join the outdoor workouts.
- Classes will be capped at 10-12 people outdoors. Please respect the class limits in WODIFY and know that we are constantly adapting to best serve the community.

Athlete Requirements:

- Wear a mask, maintain 6' social distancing, no physical contact.
- Use WODIFY to reserve and check in to class. Advance registration is mandatory.
- Arrive early at the gym! Classes will start on time/head over to the park promptly.
- Bring a water source.
- Keep a flexible attitude! We can't control what happens working out outside of the gym.

Equipment Requirements:

- A single dumbbell/kettlebell/odd object will suffice for workouts requiring equipment.
- WODs will specify if equipment is required.
- A jump rope, yoga mat, hand sanitizer, and a band are recommended.
- Sharing of equipment is not allowed.