

Monday 6/22/2020 Social Distance Workout

Van transportation from Hidden Wings is unavailable 6/22/2020

Time: 9:00 am

Location: Sunny Fields Park, 900 Alamo Pintado Road, Solvang, CA 93463

Arrive at 9, or 9:15 am for a workout and fitness discussion

All Attendees will stay 6FT apart, unless they reside in the same household.

Masks must be worn for the workout or eating times.

Each Member and Mentor can greet each other with air hugs, air fives, or a dance greeting.

We will be at the park most of the day for a workout, discussion, lunch, and dance. You may join one segment, or stay for the whole day.

Items to bring if you have them:

- ***Backpack***
- Sunscreen
- Yoga mat
- 2 bottles of water
- Mask
- Cold lunch
- Healthy snack: cheese, veggies (ranch, peanut butter), fruit, nuts, protein bar
- Hand sanitizer
- A hat
- Bug spray
- Tissues/napkins/**toilet paper**
- Deodorant

