

UNCSA FITNESS CENTER

# COME OUT AND RUN

Every Monday & Wednesday at 7 P.M.

1ST EVENT: MONDAY AUGUST  
24, 2020 @ 7 P.M. | MEET  
OUTSIDE THE UNCSA FITNESS  
CENTER

*Time: About 30 Minutes*

**ENJOY SOCIALLY DISTANCED  
EXERCISE MONDAY AND  
WEDNESDAY MORNINGS AND  
EVENINGS AROUND WINSTON  
SALEM**

PROTOCOLS:

SMALL GROUPS (NO MORE THAN 6)

MUST BE **6 FT APART** WHILE RUNNING

**FACE MASKS REQUIRED** AT ALL TIMES  
(CLOTH MASKS RECOMMENDED)

ADDITIONAL QUESTIONS CONTACT  
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