



Welcome Back! By entering our facility, you are agreeing to these and other posted changes.

**What to expect in the Wellness Center in Phase 3:
(Weight Room, Cardio Room, Cardio Room Annex and Free Weight Area)**

- 1.) Wear a mask in all common areas, you may remove your mask while you work out, as long as you maintain 6-feet of space between you and others.
- 2.) You may pick up your own clean spray bottle and towel, and return it to the front desk after you done working out, so it can be disinfected for someone else. Please clean what you touch, and feel free to clean before you touch for extra protection.
- 3.) There is a limit to the number of people allowed in each space. The staff will let you know if there is room for you, or if you will need to wait.
- 4.) Please limit your workout to an hour in each area. You can certainly have an hour in the fitness area, and then the aquatics area if desired.
- 5.) Drinking fountains are not available. Please bring a water bottle, and refill at the water bottle filling stations, located in the Lobby and near the back stairs beside the weight room.
- 6.) We are not allowed to have sports that share equipment in Phase 3, so no basketball, racquetball or pickleball at this time.



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What to expect in the Group Exercise Classes

- 1.) Wear a mask in all common areas, you may remove your mask while you work out, as long as you maintain 6-feet of space between you and others.
- 2.) There is a limit to the number of people allowed in each space. The staff will let you know if there is room for you, or if you will need to wait.
- 3.) Please find a square (or a designated space) on the floor for your workout. We are following CDC guidelines of 10'x10'. Please stay within your square during the class, unless you need to leave early. In order to keep our facilities safe and clean for members and staff, we ask that you leave the gym/room promptly at the end of class to allow instructor to clean and the next instructor to come in and set up. If you have a water bottle and/or towel, please keep that within your square as well, to minimize crossing into another member's space.

These policies are subject to change if the Governor's office, the CDC, health officials, or the YMCA of the USA change the restrictions.