

Wellness Center Policies

Wellness Center Hours

Monday - Thursday 5:00am - 9:00pm

Friday 5:00am - 7:00pm

Saturday 6:00am - 4:00pm

Policies

- 1-Hour Usage Limit
- Every other cardio will be blocked off from use
- 30 Members allowed on the Wellness Deck (upstairs)
- 8 Members allowed in the Annex
- 4 members allowed in the Circuit Room (small room downstairs off the gymnasium)
- No Group Exercise, Coaching Connection, or Nutrition Connection
- Group Exercise room will be closed
- Bring your own water bottle- no access to water fountains

Group Exercise Classes

- Classes are limited to active YMCA Members Only.
- Classes will be based on a first come, first serve basis with a limit of 30 participants (Cycling being the exception with 10).
- Members are encouraged to wear a mask before and after class.
- Please maintain 6 ft distance from others at all times.
- YMCA staff will limit equipment for member use. Members are encouraged to bring their own equipment such as mats, dumbbells, kettlebells, resistance bands etc. for classes where instructors offer equipment options if possible. (See class descriptions)
- Classes with multiple forms of equipment (Strength & Sculpt) will be set up and put away for members prior to and after class to limit interaction.
- Outdoor class cancellation is at the discretion of the class instructor based on weather or any other factors that may impact class success and safety.
- Outdoor classes will be cancelled an hour prior to class if there is inclement weather. Please be sure to check our Facebook page for cancellations.