

BE HEALTHY. BE CONFIDENT. BE CONNECTED. BE A PART OF SOMETHING BIGGER!

We all have an important role to play in the health and safety of our Y community. And with the announcement of gyms being able to reopen, we have implemented some new policies and procedures in the interest of looking out for everyone's safety. The new policies and procedures will begin on **9/8/2020**.

ALL are welcome! We encourage you to invite family and friends to become members of our facility because when you join our Y, you belong to more than just a gym. You become a vital part of our family. We offer services including: early childcare, afterschool, youth sports, swim lessons, and [more](#).

GREAT NEWS! We are going to expand the maximum number of participants in the Wellness Center from 1 to 4 people at a single time during the times of 7:30AM to 1:30PM.

Then starting at 2PM, you will no longer need a reservation in order to use the facility! From 2PM to 7PM, we will operate on a first-come-first-serve basis until we reach our 25% level of occupancy as instructed by Governor Murphy. Once we reach our maximum level of occupancy, we will kindly ask for members that arrive afterward to come back to the facility at least an hour later.

We are also opening our facility on Saturdays from 9AM to 1PM (**no reservations needed**). This change will begin on **9/12**. Reservations are required for all group fitness classes and for the two remaining private workout areas (Spin Room & Free Weights Area).

Here are a few procedures you should be aware of:

- **Come prepared** in appropriate fitness attire with your own water and towel, if necessary, in a gym bag that will stay with you at the Y at all times— locker rooms are closed at this time
- Arrive at the Y and have on your **face mask/covering**
- Head to the main entrance for **member check-in** to have your **temperature taken**, use **hand sanitizer**, and answer a health screening
- Proceed to your preferred equipment/workout space
- **Maintain 6-foot distance** between you and other members at all times
- **Your mask must remain on** while inside the facility, including while working out
- **Wipe down equipment prior to use** using provided cloths and spray bottles available throughout the Wellness Center
- **Enjoy your workout! If you have any questions, please feel free to ask at any time.**
- **Wipe down equipment when finished** using provided cleaning cloths and spray bottles!
- **Every** equipment will be disinfected with a high-tech recommended sprayer several times throughout the day, including opening and closing.

As we continue to re-open our doors in conjunction with the phases of New Jersey's Recovery Plan, please be assured that your safety – and the safety of all our members, program participants, staff and volunteers – is our number one priority. We are following guidelines from health experts and local officials to ensure that our facilities meet the highest standards for hygiene and safety, and we have modified our policies and programs to facilitate social distancing practices.

FALL GROUP FITNESS

It's time to get back to fitness together. And now more than ever, we're here for you. Our instructors are selectively chosen to connect with their classes and build a sense of community at the Y. Our instructors are also certified in their respective disciplines through nationally recognized certifying organizations.

Reservations are required to participate in all group fitness classes. Please call 732.257.4114 or visit our website to reserve your spot today!

- Mondays - Unleash the Beast @ 6PM (Allison)
- Tuesdays & Thursdays - Zumba @ 6PM (Sandy)
- Wednesdays - Silver Sneakers Circuit @ 9AM (Amanda)
- Wednesdays - Vinyasa Yoga @ 6PM (Caroline)
- Saturdays (starting 9/12) - Core Yoga @ 11AM (Caroline)

[Click HERE to register for Fall Group Fitness classes.](#)

STAY INFORMED

We promise to continue to keep you updated regarding the status of our facilities and programming via our [website](#), e-mail, and via our Raritan Valley YMCA mobile app (can be found on iPhones or Androids). Thank you for your continued patience, membership, and support of our Y. We're so excited to welcome you back!