



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF NWNC OUTDOOR GROUP EXERCISE CLASSES

We are excited to announce we will begin offering limited Outdoor Group Exercise classes. All classes will be limited to 24 members plus an instructor and will observe 10-foot physical distancing protocols. All classes will require a reservation by registering on our YMCA of NWNC Mobile App or online 24 hours in advance.

LOCATIONS

Davie, Jerry Long, Kernersville, Robinhood Road, William G. White, Jr., Wilkes Family and Yadkin Family YMCAs

KNOW BEFORE YOU GO

- We are unable to accommodate walk-ups at this time.
- Reservations can be made 24 hours in advance of the class start time on our YMCA of Northwest North Carolina Mobile App or each branch's schedule page. Visit ymcanwnc.org/schedules to find your branch.
- Please cancel your reservation if you decide not to attend, are showing any COVID-19 symptoms, or have come into contact with anyone showing any COVID-19 symptoms.
- Arrive about 15 minutes early in order to get checked-in and to fill out a waiver so you don't miss any of your workout.
- Members must show their membership card or mobile app barcode in order to be admitted into the class. No guests can attend classes at this time.
- Middle school age and above can attend most classes with a parent. If your teen has completed Orientation and their uFit appointments they may attend most classes without a parent. In order to attend any classes with weighted equipment (like BODYPUMP or ME) or Hot Yoga, you must be a rising 9th grader or older.
- **Restrooms and locker rooms will NOT be open during this time. Please plan to arrive in your workout clothes.**
- Outdoor classes will be held in our parking lots and fields. **Please plan to arrive at least 15 minutes in advance to check in and find a spot.**
- Child Watch is currently closed.
- Classes will happen rain or shine. In cases of severe weather, classes will be cancelled at least one hour in advance. Stay tuned to our Facebook page for the latest updates.

YMCA OF NORTHWEST NORTH CAROLINA

301 N Main Street, Suite 1900 Winston-Salem NC 27101

P 336 777 8055 F 336 777 6345 www.ymcanwnc.org A United Way Agency

Our Mission: "Helping all people reach their God-given potential in spirit, mind and body." Financial Assistance available.



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STAYING SAFE AND CLEAN

- Physical Distancing – 10-foot physical distancing will be enforced. Group sizes will not exceed 25 people.
- Staff will be disinfecting all equipment before and after each use.
- Hand Sanitizer – There will be hand sanitizer for use before and after your exercise class.

WHAT TO BRING WITH YOU

- Yoga mat
- Water bottle (refills will not be provided at the Y)
- Sunscreen
- Towel
- Face mask (not required while exercising, but recommended when you're with groups of people)
- Please bring a mat or towel if you are participating in Yoga/Pilates, BODYFLOW, BODYPUMP or BODYATTACK.

Frequently Asked Questions

Q: What happens to my outdoor group exercise class if rain is in the forecast?

A: Unfortunately, Mother Nature isn't always in our favor, but we can plan in advance for her arrival. Group ex schedules are planned a week in advance, taking the forecast into account. If severe weather is in the forecast and we need to potentially cancel a class, we will send an email to everyone that has registered for the class and also post on our social media accounts so be sure to follow us.

Q: Will locker rooms be available or will the building be open to use the restrooms?

A: Since our branches are closed for general usage, we are not able to let anyone in the main building. Locker rooms are available for bathroom usage only (no changing) at those branches where lap swimming is available. So come dressed and ready to workout!

Q: Something came up and I can't show up for my time slot or class. What do I do?

A: We understand that life happens! You can just go to your email confirmation and click "Cancel."

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