



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Fitness Class Procedures

General Rules

- Only active Y members ages 13+ with a [Covid-19 signed waiver](#) on file will be admitted.
- Your membership must be reactivated. All current billing members should have received an email on July 13 regarding membership activation. If you did not receive this email or if you are joining the Y, please contact Amanda Aguirre, aaquirre@westfieldynj.org.
- Group fitness classes are 55 minutes in length and **by appointment only**. You will sign up for each class day/time you are interested in. Please note you are signing up for individual classes, not an entire session of classes like in the past.
- Classes are included with your membership.
- Registration for all classes will be available 1 week in advance. If you need to cancel or reschedule, you can do so up to 2 hours before the class begins. Please note we will be monitoring the system. Frequent late cancellations or no shows will be contacted.
- [Click here to register](#)
- Locker Rooms and Kids Club are not available at this time.
- Please maintain social distance by staying at least 6 feet away from others at all times.
- If classes need to be cancelled due to weather, you will receive an email.
- If you have registered for virtual classes, you will receive an email with the Zoom link about 1 hour ahead of the scheduled start time.

What to Bring

- **Bring your own exercise mat to all classes.** Members are encouraged to bring their own weights to classes that utilize weights or they can utilize the weights at the Y.
- Please wear a face covering when entering, exiting and moving throughout class. During the workout, face coverings do not need to be worn when outdoors. When indoors, face coverings must be worn at all times.
- Please bring a clean towel for your workouts if needed.

When You Arrive

- Please arrive 5-10 minutes early, as check-in is now required.
- Parking is available on the street, in the parking lot on the corner of Clark Street and Ferris Place or in the YMCA parking lot.
- Each time you visit, your temperature will be checked and you will be asked a few simple health screening questions. Your temperature must be less than 100.3°.
- Hand sanitizer will be available.

After Your Workout

- All equipment used will be cleaned and sanitized after each class.
- Remember to register for any other classes you plan on attending in the next week.

Your health and well-being is our #1 priority!

Questions? Contact Greg Hatzisavvas, gatzisavvas@westfieldynj.org, 908-301-9622 x251.