

## In-Person Group Fitness Classes Guidelines

YMCA of Greater Des Moines

### What to expect:

- Plan to arrive about 15 minutes before the scheduled class time so you can complete the health screening and sign in.
- Class sizes will be limited in order to maintain 6-8 feet of distance between participants. Observe the posted capacity limits and physical distancing requirements in each studio or fitness space.
- No advance registration is required for classes. Instructors will pre-set the room with equipment needed and open the doors to allow participants into class at the appropriate time. We do not anticipate classes being full; if this becomes an issue, we will address it.
- Please do not enter the studio or class area until you are admitted by the instructor.
- Please bring your own filled water bottle and hand towel. Drinking fountains and towel service are not available at this time.
- Mats are available and will be disinfected between uses. You may bring your own mat if you prefer. We will not be using props in Mind/Body classes at this time, so you may bring your own blocks/straps/mats to those classes.
- Floor lockers will not be available, so we are asking members to limit the number of personal items they bring into the studio. At some branches, small security lockers may be available for valuables like wallets, keys and phones – check with the Welcome Center.

### Reminders:

- There is an enhanced sanitation protocol involving frequent and thorough cleaning and disinfecting of surfaces and equipment throughout the facility.
- Current limitations on capacity of the building and individual workout areas, and strict physical distancing guidelines in place for classes
- Schedules can be found on the mobile app, website, at the Y and at the Welcome Center.
- We will continue to offer some virtual classes for members who are not ready to return to the Y. Please join our members-only Facebook group [at this link](#).

**Remember ... if you are experiencing symptoms of illness or are in the same household as someone diagnosed with COVID-19, please do not come to the Y.**