



REOPENING EMAIL SERIES

Email 1: Group Exercise & Fitness Training

To our YMCA members, friends and community,

As you may have heard, we are reopening on June 22! We are so excited to see all of your smiling faces. We have missed you all dearly for the past couple of months. We are truly thankful for all of your support during this crisis, and know that we are stronger because of your dedication to the YMCA.

When we reopen, the Y will look a little different than the one we closed on March 16. As we approach our reopen date of June 22, we will be sending a series of emails to inform you of the changes, including the safety guidelines we've been hard at work on and the training we have implemented for our staff. We have taken input and guidance from our partners, such as Trinity Health of New England; the state; the CDC; and YMCAs across the country who have reopened before us and have great information on what works and what does not.

While we have spent three months working on our procedures, we are still waiting to receive reopening requirements from the State of Connecticut. Once we do, we can share that information with you. Our following emails in this series will cover things like Wellness Center regulations, when the pools and aquatic activities can start back up, what our check-in procedures will be, and more.

If you have any questions, please reply to this email, call our branches, or stop on by after June 22. Thank you for making the Y stronger, and we can't wait to see you in a few short weeks!

NO GROUP EXERCISE CLASSES IN PHASE 1

One of the hardest decisions we had to make as we began planning to reopen was whether or not to hold in-person group exercise classes. We know they are a backbone of our Ys: our members and our fitness instructors have a special relationship, and each class is a small community that our members look forward to being part of each and every week.

Unfortunately, we did not feel there was a safe way to do this. Due to the size of our group exercise rooms there would be several obstacles: we would only be able to have a limited number of participants; based on recommendations from our partner, Trinity Health of New England, we would not be able to safely run fans, so circulation in the rooms would be difficult; and equipment sharing would not be possible.

We hope to reopen in-person group exercise classes as soon as possible, and will continue to communicate on this.

VIRTUAL FITNESS CLASS OFFERINGS EXPANDING



We are excited to announce that we are growing our virtual YMCA at Home offerings! In addition to our live Facebook classes and our YouTube on demand videos <https://www.youtube.com/channel/UCmi562QXX6EtuCKxS4J45QQ>, we are adding daily live Zoom classes.

Zoom will allow our instructors to interact with you, our members, on a more personal level during your fitness classes. It will also give you the chance to see your friends who you normally see in class!

Our Zoom schedule will be in addition to our Facebook live offerings and our daily on demand YouTube videos <https://www.youtube.com/channel/UCmi562QXX6EtuCKxS4J45QQ>. We want to make sure that if you can't make a class, there is ALWAYS something available for you, on your schedule!

If you have questions or suggestions, reply to this email!

PERSONAL & SMALL GROUP TRAINING IN PHASE 1

Personal training is back! When our doors reopen on June 22, we will have appointments available for you to start your personal fitness journey. While it will be limited initially, we will also be offering a virtual personal training option for those who feel uncomfortable returning to our facilities immediately.

If you are interested in signing up for personal training or learning more, please click here to view our webpage <https://www.ghymca.org/personaltraining> and to fill out our contact form <https://www.ghymca.org/form/health-fitness>.

We are also planning on restarting our small group, paid training classes upon reopening! These smaller groups allow for a more personal experience, and often utilize specialized equipment. You can always find our schedules and sign up for classes by clicking here <https://operations.daxko.com/Online/3050/ProgramsV2/Home.mvc>, or by following your branch Facebook page. We will be releasing those classes, schedules, and registration links soon, so stay tuned!