

GROUP EXERCISE & CYCLING CLASS INFORMATION

All branches of the GSV YMCA will adhere to the measures put in place by the Pennsylvania Secretary of Health in November 2020. It is required that you wear a face covering the entire time you are in the building. This includes all times while exercising and participating in Group Exercise classes.

Reservations are required for group exercise and aquatic classes at our four GSV YMCA locations. Each member must register prior to class to make sure your spot is reserved. A Y account must be set up to register for classes online. Other options to register for classes are in person at the front desk or call the front desk of your home branch.

The Group Exercise schedule will be published weekly and classes will open for registration as follows:

- Monday and Tuesday classes will open Friday
- Wednesday classes will open Monday
- Thursday classes will open Tuesday
- Friday classes will open Wednesday
- Saturday classes will open Thursday

Classes must have a minimum of three participants registered or the class will be canceled. Members registered will be notified prior to the start of the class.

At the GSV Y, our greatest priority has always been protecting the health and safety of all who enter our doors. Our team is committed to ensuring a socially responsible environment that align with our core values of caring, honesty, respect and responsibility.

- Health Screenings including temperature checks
- Enhanced cleaning & disinfecting
- Single Entry/Exit Points
- Contactless Membership Card Scanning
- Social Distancing
- Hand Sanitizing Stations

Our members, staff, and our community are our number one priority. Thank you for your patience and understanding during these difficult times and the difficult decisions we must make to keep everyone safe!

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