



FACILITY HOURS

David D. Hunting YMCA

Reopening Thursday, September 10

Hours:

M-Thurs: 5:00 am - 10:00 pm

Fri: 5:00 am - 9:00 pm

Sat: 7:00 am - 2:00 pm

Sun: 12:00 pm - 4:00 pm

Mary Free Bed YMCA

Lowell YMCA

SpartanNash YMCA

Wolverine Worldwide Family YMCA

Visser Family YMCA

Reopening Monday, September 14

Hours:

All branches except David D. Hunting YMCA

M-F: 7:00 am - 7:00 pm

Sat: 7:00 am - 2:00 pm

Sun: 12:00 pm - 4:00 pm

HEALTH CHECKS

Both staff and members will receive temperature checks and health screenings before entering the Y facilities.

REQUIRED WAIVER

All Memberships will be required to have a signed waiver prior to first facility access.

GROUP FITNESS CLASSES

Temporarily all group exercise classes will be held outdoors. Check our mobile app or the website for further information. www.grymca.org/healthy-outside

FACILITY ACCESS POLICY

- The Y will be open to members only, age 11 and older; All children 5-10 may workout with their parent under existing membership guidelines. Stroller walking on the track is permitted at designated locations.
- No guests, nationwide membership or day/week guest passes at this time.
- Come ready to work out. Bring towel, water bottle, mat and mask. No locker rooms will be available.

RESTRICTIONS APPLY

Six feet distance is required. Facility capacity limits and restrictions apply. Members are required to wear a mask at all times, except while swimming. Please disinfect all equipment. This form will be updated once Phase 3 requirements have been released.

WHAT IS AVAILABLE DURING PHASES?	PHASE 1	PHASE 2	PHASE 3	PHASE 4
Fitness Floor	●	●		
Free Weight Area	●	●		
Track	●	●		
Gyms: No Sports Individual activities only	●	●		
Outdoor Field Space	●	●		
Virtual Fitness Classes	●	●		
Restrooms	●	●		
Healthy Outside Group Exercise Classes	●	●		
Personal Training, by appointment	●	●		
Family Locker Rooms: Limited access. No showers.	●	●		
Indoor Group Exercise & Cycling Studios	<p style="text-align: center;">Coming Soon</p> <p style="text-align: center;">Amenities will reopen based on local & state guidelines, and the ability to ensure the safety of our members</p>			
Men's, Women's Locker Rooms & All Showers				
Pools				
Chapels				
Racquetball/Squash Courts				
KidZone				
Teen Center				
Facility/Group Rentals				
Outdoor Playgrounds	●	●		
Steam Rooms/Hot Tubs	●	●		
Rockwall	●	●		
Coffee Service, Towel Service	●	●		
Massage	●	●		
Water Fountains: Bottle Fill Only	●	●		
Full-Time Licensed Childcare	●	●		
Licensed Child Care & School Age Care	●	●		

- OPEN, with restrictions
- CURRENTLY UNAVAILABLE