



FACILITY HOURS

David D. Hunting YMCA

M-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

M-Th: 5:00 am – 8:00 pm
 Fri: 5:00 am – 7:00 pm
 Sat: 7:00 am – 2:00 pm
 Sun: 12:00 pm – 4:00 pm

SpartanNash YMCA

Wolverine Worldwide Family YMCA

M-Th: 5:00 am – 8:00 pm
 Fri: 5:00 am – 7:00 pm
 Sat: 7:00 am – 2:00 pm
 Sun: CLOSED

Visser Family YMCA

M-Th: 6:00 am – 8:00 pm
 Fri: 6:00 am – 2:00 pm
 Sat: 7:00 am – 2:00 pm
 Sun: CLOSED

Lowell YMCA

M-F: 7:00 am – 7:00 pm
 Sat: 7:00 am – 2:00 pm
 Sun: CLOSED

Ionia County YMCA

M-F: 6:00 am – 1:30 pm &
 7:30 pm – 8:30 pm
 Sat: 7:00 am – 12:00 pm
 Sun: CLOSED

HEALTH CHECKS

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

REQUIRED WAIVER

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

FACILITY ACCESS POLICY

- Come ready to work out. Bring towel, water bottle, mat and mask.
- The Y will be open to members only, including members from other Ys.
- Members ages 11 and older are welcome; All members ages 5-10 may workout with their parent under existing membership guidelines. Stroller walking on the track is permitted at designated locations. **KidZone is available by reservation only. Reserve your spot at grymca.org/kid-zone.**
- No guests or day/week guest passes at this time

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 4 requirements have been released.

GROUP EXERCISE CLASSES

While indoor group exercise classes are **temporarily closed**, we are here to support your health and wellness VIRTUALLY. **View our Virtual class at grymca.org/virtual-workouts**

WHAT IS AVAILABLE DURING PHASES?	PHASE 1	PHASE 2	PHASE 3	PHASE 4
Fitness Floor	●	●	●	
Free Weight Area	●	●	●	
Track	●	●	●	
Basketball Courts: By Reservation Only	●	●	●	
Outdoor Field Space	●	●	●	
Virtual Fitness Classes	●	●	●	
Restrooms	●	●	●	
Healthy Outside: Seasonal Group Exercise Classes	●	●	●	
Personal Training: By Appointment	●	●	●	
Family Locker Rooms: Limited access. Showers Available.	●	●	●	
Indoor Group Exercise & Cycling Studios: Temporarily Closed	●	●	●	
Men's, Women's Locker Rooms & All Showers	●	●	●	
Pools: Lap Pools & Family Pools, No Open Swim or Swim Lessons	●	●	●	
Massage	●	●	●	
Racquetball/Squash Courts	●	●	●	
KidZone: By Reservation Only	●	●	●	
Water Fountains: Bottle Fill Only	●	●	●	
Outdoor Playgrounds	●	●	●	
Full-Time Licensed Childcare	●	●	●	
Licensed Child Care & School Age Care	●	●	●	
Day Camps: Branch & School Based	●	●	●	
Coffee Service, Towel Service	●	●	●	
Chapels	●	●	●	
Teen Center	●	●	●	
Facility/Group Rentals	●	●	●	
Steam Rooms/Hot Tubs / Saunas	●	●	●	
Rockwall	●	●	●	

- OPEN, with restrictions
- CURRENTLY UNAVAILABLE