

see me at some of these!

GET INSPIRED. GET TOGETHER.GET RESULTS
SMALL GROUP TRAINING

Are you looking for a safe workout with a few family members or friends?
For more information, [click here](#) or contact Heather Wright at
hwright@marionfamilyymca.org

OUTSIDE GROUP EXERCISE CLASSES IN AUGUST. Reservations are required

Vinyasa Yoga in the Pavilion

Roxanne Oliver

Tuesdays 6:00-6:45pm

Begins Tuesday August 11

Outdoor Zumba in the back parking lot area or grass

Crystle Siegel

Saturdays 9:15-10:00 am

Starts Saturday August 8

No class Saturday, August 15.

Group Exercise classes in-person continue to be by reservation. [Click here for the August schedule.](#)

YMCA Weight Loss Program Tools for healthy living
August 19—November 11, Wednesdays 5:15-6:15 pm Limit of 9
For more information, [click here](#) or contact Heather Wright at
hwright@marionfamilyymca.org.

We continue to offer the following to our members:

- Building Hours: Monday – Friday 5:00 am – 2:15 pm and 3:30 – 8:00 pm; Saturday 8:00 am – 2:00 pm.
- Group Exercise classes through a [Virtual Private Facebook Group Page](#) (available to members only, including members on hold) and
- Group Exercise classes in-person by reservation. [Click here for this month's schedule.](#)
- Two Full Size Basketball Courts – No reservations needed, available for Open Gym and Pickleball.
- Marion's only Indoor Aquatic Center with Two Pools, Lap Swim, Family Swim and individual Adult Water exercise by reservations.
- Water exercise classes, martial arts, and swim team.
- Full day Preschool Child Care
- School Age Child Care
- Showers Monday through Friday 5:00am - 2:00pm

By working together and following our health protocols, we hope to continue adding opportunities for our members to be healthy and well through the Y.

Thank you for continuing to be part of our Y family.

Theresa Lubke
Executive Director
tlubke@marionfamilyymca.org

Reminder of our Health protocols and policies...

- Masks are required except while exercising & for children 9 & younger.
- We're continuing to ask all members to perform self-screening before entering the building. You can [read the screening requirements here](#).
- Members are asked to remain 6 feet from others unless you are spotting

- someone. Thank you for your cooperation.
- We're closed for cleaning Monday through Friday 2:15-3:30 pm.
 - **Please remember to scan out when you leave the building.** We have a scanner just prior to the Wellness Center exit and another scanner in the lobby.
 - After using equipment for your workout, please spray the provided towel with cleaner & then wipe the equipment. This is better for the equipment & better for sanitizing than spraying the equipment & wiping off the sanitizer.
 - Locker rooms are open for use as restrooms & to change clothes.
 - Showers are open Monday through Friday from 5:00 am - 2:00 pm.
 - No use of lockers.
 - We've removed the adult & youth designation of the locker rooms for the summer. People of all ages may use either locker room.
 - We are disinfecting locker rooms every 2 hours. While we are disinfecting, the locker room may be closed. If the door is locked or sign posted that it's closed; members will need to use the other locker room.
 - We have a deck shower on the 8 Lane Pool deck for swimmers to rinse off before & after swimming.
 - We have a new member waiver for all adult members to sign. You can sign it electronically before your first visit to the Y. [Link to YMCA Electronic Signature Page](#)

Read the updated [Code of Conduct and Promise to Members here.](#)

Read our FAQs [Member Frequently Asked Questions Marion Family YMCA](#)

Read [Responsible Restart Ohio Gyms Requirements here](#)

Read [Responsible Restart Ohio Pool Requirements here](#)

Read [Responsible Restart Ohio for Child Care here](#)