



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

What to Expect at Group Exercise

As we slowly reopen our Group Exercise Classes, we have implemented additional safety procedures for the health and safety of participants and staff.

- Reservations will be required and will be available to reserve space 24 hours in advance by visiting <http://ymcatulsa.motionvibe.com/>. Each YMCA of Greater Tulsa Branch will have limited capacity that will assist in social distancing of program participants.
- You will create a login for Motionvibe through the link above that will provide you the opportunity to reserve your space in advance of coming to the Y. Each group exercise class will be limited based on the square footage of the class space as well as the equipment utilized in the class.
- Classes will occur in various different areas with some classes occurring in the basketball gym to create a greater amount of distancing. This will mean in many classes you will not have your class in your traditional studio.
- When you arrive to the Y please follow the CDC expectations around hand washing and wash your hands before class, upon arriving to your class location you will see floor stickers like the below that will signify a space for the class. Should you not have a space for the class you may also reserve a space at the member services desk or via the Motionvibe website however space will be limited if you do not reserve in advance of coming to the Y. Additionally, class areas will be setup for you when you arrive to your class area with the recommended equipment for the class.



- While in class each space will be distanced 10ft from the participant in your nearest space.
- For the health and safety of our instructors at this time they will not wear their traditional microphones during class.
- At the end of class we ask that you leave your equipment in its place so that we may disinfect all equipment with our additional cleaning staff and setup for the next class in that space. We know this is different from what we would ask you to do in the past however it will assist our team in ensuring that the next users space is clean and clear.

Adjustments will continue to be made as we move through our phases of reopening.