What to expect during your training session:

- Our Y will follow all COVID19 Guidelines from the State of NJ Department of Health, our local Health Department, and CDC guidelines
- Appointment only, maximum of 60 minutes
- Must restart your Membership to set-up an appointment
- Follow new YMCA social distancing guidelines, including temperature check and health screening questions upon entering the facility
- Facial coverings must be worn at all times when in the facility with the exception of the facial covering being removed during exercise. Facial covering must be worn at all other times. Staff will wear facial covering at all times
- All equipment must be wiped down before and after each use
- Locker rooms will be unavailable at this time, please come prepared to workout
- Water Fountains are currently unavailable, please bring water

Should you have any further questions, please reach out to Healthy Living Director, Jose, at 856-691-0030 ext. 130 or jledezma@ccaymca.org.