



HEALTH & WELLNESS WELLNESS CENTER SERVICES

UPDATED: August 7, 2020



STAFF CONTACT

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COVID-19 INFORMATION

- Please monitor for symptoms of COVID-19. You should stay home if any symptoms are observed.
- Anyone 5 years and older are required to wear a mask at the YMCA. This includes in all Group Exercise Classes and in the Wellness Center. Exemptions include but are not limited to; individuals who have difficulty breathing, medical conditions that prevent wearing a face covering, sensory sensitivities, developmental disabilities or when eating or drinking.
- Enhanced cleaning and disinfecting procedures are in place. All equipment and touchpoints will be disinfected regularly and after each class.

WELLNESS CENTER ORIENTATION (Y MEMBERS AGES 16 YEARS & UP)

Are you new to our facility or simply want to learn more? This one-hour appointment with wellness staff will introduce you to our cardiovascular machines and strength training circuit. We will write down your settings and adjustments so you will be ready to go the next time you come in. **Location: Wellness Center**
By appointment only, call or stop in to register at Member Services Desk.

Y Members: Free

YOUTH WELLNESS CENTER ORIENTATION (Y MEMBERS AGES 10-15 YEARS)

Required for youth ages 10-15 years before using the Wellness Center. This 60-minute appointment will introduce you to our cardiovascular machines and teen strength training circuit. We will record your settings and adjustments so you will be ready to go the next time you come in. You will be educated on strength and cardiovascular training principles and are required to take a quiz at the end of the appointment. **Location: Wellness Center**

By appointment only, call or stop in to register at Member Services Desk

Y Members: Free

PLEASE NOTE: Youth ages 12 years & under are not allowed to use free weights and limited to the teen circuit only. Must always be accompanied by a parent or guardian while in the Wellness Center.