

Comments on Governor Allowing Openings/when you'd come in

if everyone is wearing masks
Months (Oct)
If yoga is offered
If safety measures have been put in place I would be comfortable returning to the Y as soon as possible.
assuming Silver Sneakers are spaced out in gym
It depends on your programming safety
Probably return closer to several months
The Y is always packed it will be a COVID19 soup bowl
As long as our Governor allows it, and following restrictions imposed.
I'm not sure if I'll return because working out with a mask on is not safe nor should be done for a long period of time
How is the Y going to prevent person to person transmission in such confined space?
Because we Y members touch so many things, I don't expect that I'd be there before July... I'd definitely be hesitant to return before.
This depends on disinfectant available for equipment & capacity allowed.
I am between the third and fourth choice above.
really torn on this hear. really miss working out, but being high risk this is a very hard decision to make
At this point I would not want to come unless everyone was wearing a mask. I might feel more comfortable later on...
Question 2: I'd prefer using a cloth mask; N95 masks make it hard do breathe
Would feel very comfortable if silv sneakers was held in gym
We are over 65 and cannot get leave home until a vaccine is available. We will continue to support the YMCA by monthly fees.
I would consider returning after learning more about the Y's reopening plan & mitigation measures to reduce the risk of spreading the virus.
End of May at the earliest
I would not feel comfortable in an exercise class, like zumba or yoga, in person until after the crisis is over. I prefer having digital class options.
I'm over 65 so am very, very hesitant to return until a vaccine is available. However, if I felt there were safe procedures for those of us at risk, I might return earlier.
I have breast cancer for the 3rd time and the medication I am taking has lowered my immune system and caused fatigue. Hopefully, next year I can come back. We will continue our membership.
I would be more likely to return if people were required to wear masks.
I also want to see how you re-open to decide if I will return
but only if cleaning supplies are provided and occupancy is limited/machines are cleaned

Comments on Scheduling Workouts

See answer to question #1
Hard to schedule, we are used to go when we are ready or can make it out of the door
My home plumbing is broken. Can't afford the repairs. Am also using Y facility for showers. I would be coming in for that as well as working out.

I know of a few people who do not use email consequently they will not be able to schedule a spot. Here are some suggestions for alternatives: 1) have Nalani teach PowerUp (in the am) a couple of times a week in White Rock at the Dance Arts Center or Senior Center - there are a number of people from White Rock who were attending her 9am class; 2) use the YMCA gym basketball court to accomodate a larger group; 3) offer more classes to divide the attendance into smaller groups; 4) use a park outside for the summer that would provide space for a larger group.
Wearing masks during workouts is not safe. Please do not mandate this. I am all for mask wearing when not doing physical exertion but don't cause another problem while solving this one
I have to schedule a court anyway.
Since I only take scheduled classes, that's not a problem.
I don't know how it will affect me. It probably depends on how far in advance I need to schedule my workout.
By far, my biggest concern is not washing the bars in the weight room between users. That was a big concern before the pandemic; it would keep me away now.
Scheduling workouts is not going to work any better, seems like we all have the same convenient time to go.
Don't do fitness classes. Only use climbing wall.
Not sure that scheduling is that important since I have never seen the Y so crowded that we could not keep the 6 feet separation, but I will comply with whatever the Y decides is best.
How will the "reserve a spot" in the fitness classes work? The LANL wellness center makes you get there early and take a number or sign a roster and if you aren't there early enough you don't get into the class. This can be very frustrating if the sign up isn't efficient.
It's really hard for me to adhere to a schedule because I am the caretaker in the family.
I like the freedom of doing a workout when I can and do not want to be locked into a set time.
It's not clear how weights/circuits would work with this method.
I don't think that scheduling workouts would make me feel any safer.
social distancing is not applicable when working out and breathing heavy.
It is less about me feeling safe than it is concern about our elders who use the y. I am not in a high risk category but I am concerned about the 70 year old who works out next to me. I will participate in whatever measures are necessary for our seniors to feel comfortable using the y as well.
Just a comment on the masks... I'm not opposed to wearing masks (encourage it), but I'd get too warm wearing one inside at the Y. I'll continue to hike, etc. outside until things are safer.
My main activity at the YMCA is racquetball. Kind of hard to stay 6 feet apart in racquetball.
My schedule is constantly changing so it would be almost impossible for me to schedule my workout, unless you don't mind it I don't show up. But that would exclude someone else
but I am horrible at keeping to schedules....
may work for people using classes, but this is awkward for the weight room, climbing wall, etc. as my schedule is highly variable. Being high risk category I generally try to avoid times when the Y is crowded to begin with. If I see a lot of people I come back later. Depends of how scheduling would work for weight room and climbing wall.
I only use the Y to lift weights and would feel better if weight rooms were less crowded, so like the idea of scheduling
I am happy to what ever works for you all.
I would prefer that the workout schedule makes the workout area easy to social distance without waiting for machines to be available
I am still working fulltime, and my schedule is not entirely predictable. I would do my best.

If the total number of people allowed in a one time is limited, I would rather schedule my workout than be turned away at the door.

It's not just scheduling, there needs to be full cleaning of facilities in between people

Usually attend classes. Do not work out on machines etc

my answer is between third and fourth bullets. Depending upon constraints I may no longer come to Y. I love the Y, but have been forced to do workouts at home and could continue doing that indefinitely.

I only attend yoga classes with Maurine and the Monday evening yoga class.

But I understand the reason behind it.

What penalty for no-shows?

I might oblige would be a better choice

Comments on childcare needs.

I have a 17 yr. old, so child care is no longer needed

I have a middle schooler who we were planning on signing up for the summer program.

I personally don't have a need, however, I know of many members who relies on child care.

I might on occasion need the child care services for two 8 year olds, but could potentially structure my time so I don't have to use it

I have younger kids, but not sure child watch is safe

Have a high school daughter who will need transportation at times

I only have a toddler daughter.

Toddler

I have younger than elementary aged children and would need care if I wanted to work out

Childwatch Comments

Would recommend following LAPS school opening procedures.

See previous comment

When I feel it is safe to come back, it needs to be safe for both me and my child

I'll probably not bring the kids until a vaccine is available

Maybe

Provided some safety considerations were implemented.

I would like to bring my kids to climb on the rock wall when I go.

Please describe how you prefer to get your information (newspaper's name, email, text, phone, application notice, website, social media):

email provided

email provided

email provided

email was answer by - 69 people

Email and social media are my go to. I don't have the time or energy to go hunt for the information when everything is in a disarray

Email and some on website

Email and text

email and text

Email and text

email and text

Email and text.

Email or text

Email or text

e-mail works fine

e-mail, LA Daily Post
email, text and website
Email, text, app notice, website, social media
Email, text, app, or website.
email, text, Y app
email, website
e-mail, website
Email, website, social media
Email, website, social media, text
I have no received any communication. Probably my email is registered wrong email address provided
I like email - And I think you all have communicated well.
I'm good w all forms, like emails the most
email address provided
email address provided
phone and email
Text
Text and social media
Text or e-mail
text, email
The Daily Post
Txt pls. Too much email so may miss important info!
Y website, social media, email
Open comments on frequency of communication
Also more frequently, as needed
And as needed
Anytime.
as in #8 I think you are doing great in that deparment.
As much as needed
Bi-monthly during COVID-19 circumstances for more information; no more than monthly in "normal" circumstances
exactly what you have been doing is just right for me. Thanks!
Generally monthly is good, but a little often as things are in flux with COVID-19
I appreciate the survey
I feel you have kept us abreast on a timely basis. Thank you.
if you have new things to communicate...like new classes virtually. Otherwise, less is fine.
Monthly, plus anytime urgent information arises
Not sure
Or bi-monthly
Until pandemic over...
When things change.
Comments on your feeling/thoughts on opening:
0 positive cases for 7-10 days There are people who will come to the Y and workout etc who will not wear a mask or distancing. I do not want these people inside of my 6 ft space just because they can. They don't want me to use force to put a mask on them so my right to wear a mask and distance should not be infringed on either.
acknowledement of testing procedures for your staff.

<p>Almost every decision we make in life is about choices and consequences. What has changed is that the pandemic REMINDS everyone of this fact. I will always choose more conservatively than the next person, but my "vote" should not impede others who feel differently.</p>
<p>Although I will wear a mask if required. I find it hard to breathe well while wearing a mask. If you have information on masks that facilitate breathing, that would be helpful. Also, if we can achieve enough distancing in a class to not wear the mask (PiYo mats spaced apart or only half of the bicycles being used) that would be a plus.</p>
<p>Appreciate the on-line classes that are available. We have been using them fairly regularly.</p>
<p>As a person in the "vulnerable" age group I will not immediately come to the Y when it's open. But it would be great to Zoom my classes that lend themselves to Zooming. Contaminated equipment and close quarters are especially of concern to me.</p>
<p>As much as I would love to resume step class and Kathak, I won't feel comfortable until I have had a vaccine. But I don't want this to impact services for others who have a different opinion. Thank you.</p>
<p>Awesome work . Thanks</p>
<p>Being in the 65+ age group, both my wife and I are going to be cautious about what activities we participate in until we've received a dose of an effective Cover-19 vaccine.</p>
<p>Can not wear a mask while exercising or playing basketball</p>
<p>classes</p>
<p>Classes for elderly</p>
<p>Clean the machines between workouts. not all members do.</p>
<p>Cleaning equipments, using gym for over 10 people classes.</p>
<p>Clear communications about exactly what/how/when the cleaning is being done would relieve some hesitancy.</p>
<p>Concerned about clouds of vapor generated by people exercising—it seems like a higher-risk environment than the average.</p>
<p>Consider different rules for the Y-Express. Yoga class especially. May need to limit num of people or mark spacing on floor. Bring our our props and remove Y supplied blankets, mats, blocks etc.</p>
<p>Consider scanning temperatures of people before entrance to building</p>
<p>Disinfecting rooms and equipment frequently. Enforcing social distancing. Mandatory wearing of masks, especially in the halls and in the bathrooms.</p>
<p>Distancing in fitness classes, reminders to wash hands/wipe machines -- I'm most interested in the climbing wall, which I think could be used if everyone cleans their hands before and after climbs.</p>
<p>Do you have enough supplies on hand to wipe down equipment after each use? If attending a class would the Y abide by the 6ft distance? will the Y enforce face masks ?</p>
<p>Ensure there are sanitary wipes and hand sanitizer at each piece of equipment</p>
<p>Everyone, employees and guests wearing a good quality face mask is a must. As the equipment is close together and the rooms small, even with social distancing I will wait until there is more information on the safety of gyms. Also ALL of your air handlers should be set for 90% to 100% fresh air, even if it means hotter temperatures just as hospitals do to eliminate contaminated air.</p>
<p>Excited to be able to work out at the facility. It's still hard to say yet how to feel about what's to come or not.</p>
<p>First you are going to have to start taking user's temperature. Second, get rid of the basketball court so you can expand and leave some space around users while working out.</p>
<p>For question 1 I picked the 3rd choice, but if I can't figure a way for certain exercises at home I may do choice 2.</p>

<p>For seniors attending a regular fitness class with the same group of people provides social, mental and emotional well being. A real benefit to the Y classes is being to workout consistently with the friends we have made at our fitness classes.</p>
<p>For the time being: Masks for everyone. Respecting the 6-foot separation as much as possible. Enough wipes and requiring use at every machine. Possibly disinfecting every night after closing. Just some thoughts. Thanks for asking.</p>
<p>Good ventilation, working AC, disinfectant tissues, offering clean masks for every entry if they are required. Thanks!</p>
<p>Gyms are high touch, close proximity facilities. Until there is a reliable cure or vaccine, I am not sure I would feel comfortable going to a gym.</p>
<p>I also take the Silvers Sneakers class at the WR Senior Center. Will you co-ordinate with them to restart this class?</p>
<p>I am a New Member and really do not have enough information at this time. Thank You</p>
<p>I am a senior and probably not your typical member.</p>
<p>I am concerned about being unable to use my membership these last two months and am hoping the YMCS will consider refunding those members, myself included, who were unable to go to the YMCA to work out.</p>
<p>I am concerned about live classes not returning or not having as many live classes as previously offered. I will no longer be a member of the Y if there is not a very good schedule of live classes.</p>
<p>I am happy to return to the facility and follow the rules, but I dont think that it would stop me from coming no matter what the rules end up being. I prefer to make sure folks are comfortable and relaxed.</p>
<p>I am hoping for a creative use of space. Can the grassy area at Central Park Square be used for outdoor fitness classes? If there is nice weather, there should be more open doors and windows, in order to help circulate fresh air.</p>
<p>I am in a high risk group, so I strongly encourage you to consider online group fitness (thru the membership) for Silver Sneakers, Zumba, Zumba Gold. I've been doing classes daily thru out the 'Rona. Please work with your instructors to continue and expand! (RE 6: I could only pick one, i'd also like nutrition services and stress reduction/meditation classes!!) thanks for asking!!</p>
<p>I am just looking forward to coming in 2-3 times per week for a 60-90 minutes workout. be good to be able to get into the gym to play some basketball as well. I think the conditions in Los Alamos are plenty safe enough to resume normal activities while keeping social distancing measures. Outdoor sports is a must considering the virus is killed in the sunlight.</p>
<p>I am looking forward to doing the weight machines and just have free weights at home. I would like to Y to stress that people with symptoms of covid, fever, cough, etc should not come in to workout.</p>
<p>I am looking forward to returning to my lunch time workouts with my favorite instructors and my workout class buddies.</p>
<p>I am looking forward to the group fitness classes again with social distancing precautions in place. I feel that if everyone takes responsibility and cleans the machines before and after use it will help cut down on potential spread.</p>
<p>I am more motivated by in person classes, but it does make me nervous about attending. I am very excited and ready to come back. The virtual has been great, but I have not used it very much as I really have a hard time connecting and I always work harder in class. I would wear a mask, but it masks make it hard to breathe, so that could be an issue. But I would be willing to do it. And I think class sizes should be limited.</p>
<p>I am most looking forward to coming back and playing racquetball and lifting weights.</p>

I am most looking forward to yoga classes with Maurine!
I am not familiar with some of the choices in question 6. I would like access to on-line, virtual yoga and other classes in addition to coming to the Y for work outs,
I am ready to start spin but I do not think I could wear a mask while doing it.
I am ready to start working out. Need the cardiac room open. thanks
I am really missing Pump It Up with Nalani. Maybe we could do it outside in the courtyard out back? I would prefer to not wear a mask but if that's what's required, I would do it for the services. Outdoor cycling classes would be nice too.
I am so looking forward to power-up class, spin and core and more classes. I miss the people. Ensuring we have and use cleaning supplies on equipment. The Y needs to enforce this so members are comfortable.
I and my family primarily come to the Y to use the climbing wall. I would like to see it reopen and am interested in the policies and scheduling around the climbing wall. Thank you for considering the reopening process and reaching out to your members for their input and buy in. Be well!
I answered NO to question 2, not because I have any problem with wearing a face mask, but because I'm extremely hard of hearing, and I can't understand what people are saying to me when they wear a face mask, because I can't read their lips. Six feet of distance makes it even harder for me. But face masks are inevitably going to be part of our future, so even though I answered NO, I fully expect the Y to require masks when they re-open. I support it, I just can do it :-)
I can't imagine I will be comfortable coming back to the gym for a long time so please offer virtual classes from our Y instructors along with the Les Mills options. Daily challenges or workout suggestions on social media are also motivating. If online options are not offered soon I may drop our family membership. Currently I am continuing on a donation basis until more options are available.
I can't wait for fitness classes! I am willing to keep my distance, wash hands before and after workouts, and sanitize any equipment before and after use. I cannot wear a mask during a workout as I can hardly breathe in them as it is. If I am breathing hard from a workout I will pass out.
I cannot imagine myself going to the Y it masks need to be worn by anyone. Also, just because you are allowed to open, I think I will delay going for several weeks just to make myself more comfortable that the proper controls are in place. I think the YMCA staff is great. Please do not put your staff in danger or at risk by opening up too soon, or relax appropriate controls. Keep yourselves safe!
I can't wait until the Y reopens. I would try to wear a mask (would an open mask, such as a bandana be OK?) if needed, though would prefer if it were optional.
I don't know what this will look like when it is done. None of us knows how long it will take, or how the world will have changed. We all need to continue looking out for each other and being creative in how we continue our work. I love the idea of an online membership; it is a great idea. I hope you will take a scientific and conservative approach to reopening; we know the disease is spread by droplets and workouts and singing (my two favorite hobbies) produce a lot of those. I hope we can all be patient, kind, and think in new ways to keep things turning even as we use the only tool currently available to us to slow the spread of COVID-19; social distancing.
I don't really think it will work well to wear a mask for what i am interested in and that is spinning/cycling. Maybe just make it less people per class spread out.
I don't need a class. I prefer access to the cardio room, free weights and weight machines on my own. I'm retired, I prefer mornings, but can adjust my schedule as needed. I was coming in between 7:30 and 8:30 three or four times a week (alternating days with riding my bike outside).

I don't see how it's going to be possible to work out in the weight room. Wearing a mask is going to be very hard. What do you do about handling all the equipment? Cardio classes are also going to be impossible while wearing a mask. I fear membership will plummet.
I don't want LA to lose the Y--it's an important part of our community. I am willing wait and/or participate virtual and still pay my dues as support. Probably my biggest concern is that equipment be adequately cleaned after each use, if you know what I mean. Some members leave things a mess after they use them...that is not acceptable now.
I don't want you to go out of business so I am donating my membership fee. I'm not going to come back though until this is all over, which could be years unfortunately.
I go to Zumba Gold classes and yoga. My husband plays pickleball and uses the machines. What I would NOT like is to have to reserve a spot in classes. This would open a whole new set of problems and cause further organizational inconvenience in members lives, pitting one member vs. another with negative feelings as a result. Since Los Alamos has been minimally affected by COVID-19, I would like to see ALL classes offered as usual. We are used to this open format, and the freedom we had to come and go as our busy schedules allow. I think social distancing of 3 feet is doable, and classes could be limited to 20 people with masks/no masks as a personal choice. (The main risk to LA is travel, and I hope LANL will continue to ban work-related travel for a long time.)
I have missed my Natalie Smith, Zumba class a lot!!! I look forward to being able to attend once again, but with limited attendance...class sizes were quite large, felt crowded.
I have no received any communication. Provably my email is registered wrong (my wife forwarded me this questionnaire). My name is Andre Teixeira, email andrearteixeira@gmail.com
I hope our community members are safety minded enough to not resist "mask" orders, and are respectful of these new requirements for others safety. I would like to know more about safety and cleanliness protocols. Do you have an air scrubber that destroys viruses?
I hope you open back up, I have kept my my membership current, not only to help but so I could begin right away when you open up (hopefully)
I know this is a tricky situation and I'm excited to come back to work out, but will likely wait a few weeks and see if things spike. I'm interested in resuming youth sports but I know that it's harder to maintain social distance.
I like the idea of signing up online for gym usage and for fitness classes. I would still livestream fitness classes so that people can participate from home. I like the idea of having some fitness classes out on the pavillon at the pond or at some of the public tennis courts or basketball courts or even in front of Fuller Lodge. Perhaps you can even have a step platform rental or sale as an option for some of our members. They are handy to have for various workouts and for step classes from home. Also, if you do open fitness classes with limitations on number of participants, you should have the floors marked out with tape, so that everyone knows where their spot is supposed to be. We don't want people to try to squeeze a spot in the back of the room or by a fan if that is someone else's spot. These are just some ideas. I'm sure Emily will either have a meeting or gather ideas from the fitness instructors.
I like the idea of Zoom workouts, but I think that the Y should look into security concerns.
I like the virtual membership idea. Also, I would be MORE likely to visit if cloth face coverings were required. However, I am nervous about going to any gym right now.
I look forward to a good schedule of live classes eventually!
I look forward to returning to y for classes and workouts I am sure staff will maintain the facilities to comply with state and federal regulations
I look forward to using the exercise machines and classes such as "Silver Sneakers."

I love going. Zumba and yoga which I have missed greatly. Smaller classes with more classes to accommodate smaller groups so everyone who wants to go can have options and not lose out on going to work out due to unavailability or classes filling up. Losing out is a concern.
I might be interested in scheduled workouts, but might not come because child watch won't be safe.
I might return when the cases in the state approach zero for several weeks in a row.
I miss group exercise classes, particularly the early morning classes. Now that the weather is nice, I wonder if outdoor classes would allow us to distance and not wear masks while exercising? I recognize the need for masks, but also don't want to wear one while exercising it's too uncomfortable during a strenuous workout... it's a tough situation. But some workouts could maybe be done outdoors?
I miss my class!
I miss my fitness classes desperately - if virtual is the only feasible way to go, I would still welcome that.
I miss my yoga class! And would be happy to wear a mask and stay 6 feet apart
I miss my yoga community with Emily! It was a real support to me. I look forward to reengaging with her, and the others, when it's safe to do so.
I miss the Y and can't wait until we can safely come back! Thank you for all your doing to ensure that the Y will be open when the restrictions are lifted.
I miss the Y more than anything else that has been closed. I look forward to working out on the machines. I can do the classes online.
I most want to use weights, but not at peak times. My concern is everyone touching weights and machines and possibly leaving virus germs.
I only use the climbing wall (in the mornings), so my return to the Y would depend on whether or not the climbing wall is open. It's not crowded at that time, so I'm not too concerned about coming in.
I prepaid for my membership and I feel kinda ripped off since I don't really want to use it and you were closed.
I primarily use the weight room so I cannot do virtual workouts, so I am looking forward to having the weight room available again. I'm unsure about indoor sports for youth and children. They would need to be outdoor non contact sports like tennis and running.
I principally use the weight room in front, the one down by courts (for free weights, leg press and rowing machine principally), and sometimes the exercise bike in room with treadmills. I am guessing you'll limit the number of people in each of these rooms in some fashion, either by scheduling a workout or machine time? I am willing to wait between use of each room if need be.
I think scheduling and limiting the number of people at a time would be helpful for a while. Thank you for trying to keep going and make things work. Its been a challenge and I'm getting lazy!
I think scheduling work outs is a great idea. Spacing is important. I prefer taking classes with an Instructor. I also do not want to purchase extra equipment to do virtual classes. I also attend cycling classes--how would that be handled with such a small room and so many bikes. I know this challenging and I will support the YMCA as long as I can.
I think users of the Y have to be responsible themselves and be aware of their health. If they are feeling sick or have any symptoms, they need to not come until well. But continual wiping and cleaning is an effort of all participants.
I use the machines at the Y. If there's plenty of social distancing around those machines I am more likely to use them.
I use the Y to play Pickleball. How would this be effected?

<p>I usually take a 5:45 am class. I am great with screening if that needs to be done. I am not that concerned about wearing masks in class - I think it makes it difficult to work out. Sorry for all the tough decisions you have to make right now - do know I am praying for wisdom for you! Thanks again for communicating and giving options.</p>
<p>I utilize the Y for exercise classes. It would not be possible to wear a mask while exercising heavily, yet risky to not wear one in a group class situation where everyone is breathing heavily. Unless there are virtual classes offered, I Cannot in good conscience return to the Y.</p>
<p>I will probably remain reluctant to go to a gym, theatre etc until we know more about any resurgence now or in the Fall...</p>
<p>I wish everyone who used equipment were diligent enough to wipe things down. I frequently saw people use equipment and put it back or get up without wiping things down. Wipes are fine, but thru years of experience at gyms, I like spray bottles and towels.</p>
<p>I worried about sanitization and proper distancing</p>
<p>I would be interested in knowing what measures would be taken if visiting the YMCA, such as, if there will be all day cleaning cycles, cleaning supplies available for wiping down equipment, will temps be checked at the door, and so on. Thank you.</p>
<p>I would be interested to hear your thoughts on how to schedule a workout. Since many machines are likely to be used, how would multiple people be able to maintain social distancing while navigating to use them without constant cleaning. Seems like a huge challenge.</p>
<p>I would come back to work out if I was one of two people (I would prefer being by myself) in the workout room directly across from the main desk. The weight room next to it could have more people within. I also take Tai chi and that class is small enough not to be a concern. I don't think I would return if everyone wasn't wearing a mask, until a vaccine is found.</p>
<p>I would feel safer if the machines and rooms are cleaning very often, as it is now, people don't use the wipes and clean after they use and I won't do that moving forward...</p>
<p>I would like good cleaning</p>
<p>I would like to see the child watch room disinfected more often than regularly and staff wearing masks and gloves.</p>
<p>I would probably feel the safest, as least within the next many months to a year, if I could attend my favorite classes by Zoom. Specifically Raj's Sunday class as well as his other weekly classes. But if I could pick only one, it would be the Sunday class. I'd also like to take a weight class, either live on Zoom, or pre-recorded and on-demand.</p>
<p>I would really enjoy lifting weights again and would want to wear mask and gloves and would want others to wear masks. I understand many may be opposed as it would certainly make working out less enjoyable. However, all of that uncontrolled exhaling is terrifying to me! I will likely stay away for 4-6 weeks after opening but might poke my head in to see how crowded it is. I would only be inside for 20-25 min at a time, 3 days a week so could pick my time for fewest people around. Thank you!</p>
<p>I'm looking forward to using the treadmills with tv connections. I feel safe having every other treadmill roped off to maintain a 6 ft social distance.</p>
<p>I'd really like to see an outdoor cycling class in the big courtyard south of the cycling room.</p>
<p>If I had kids in my home, I would wait for a vaccine if at all possible, before I would let them return. Since I don't have kids, I will wait to see how the next few weeks/months evolve with the virus and then with PPE and social distancing, I will return to the YMCA. But I intend to keep my membership active throughout all of this. Great survey! Thanks!</p>
<p>If masks are required and plenty of anti-viral wipes are on hand, I'd feel pretty good about working out again at the Y. Maybe a temperature scan at entry would be good, too. I could live with that.</p>

if you do not reopen soon, I'll have to cancel , I have been donating. It's time to reopen. The only thing to "fear is fear itself". Most (85%) or more have nothing to worry about
If you open soon you will be constantly cleaning. I do not think it is wise to open soon. I have health issues that will keep us all home. The Y would be too much sweat, breathing in one small space. People do not know how to keep their distance or know when they should wear a mask. Dont think that would help much with avoiding exposure to a virus we know so little about, except the fact it kills so many. If someone brings in the virus to the Y it will hurt business much more than a delay.
I'm 60 and I have asthma. I just don't see myself returning to the Y for the foreseeable future. I don't see how social distancing and masks will work in this environment. I am very disappointed, but I think that there is no way to make it safe enough to return. My membership is through the schools, and I will probably cancel as soon as possible.
I'm looking forward to being able to use the climbing wall again, although I realize the logistics of it may be difficult for the Y to organize. I'd be okay with having to schedule use.
I'm missing the group fitness classes, especially the ones where equipment is needed that I don't have at home (stationary bikes, etc.). All the Y instructors are great and so motivating.
I'm most interested in the climbing wall. I understand this may not open on the same timeline as the Y facility, but do please keep members updated with the plans.
I'm not comfortable visiting the Y given the current situation. On a good day the Y is too congested! The Y needs to figure out a solution beyond scheduling workouts to address overcrowding. I'm thinking of withdrawing my membership in the near future.
In regard to question 7: The weights are important to me. If scheduling workouts becomes cumbersome, I might consider the reduced-rate virtual-membership, until the public health situation stabilizes. It would need to be fairly inexpensive however as there are some great stretch classes on PBS. These are challenging times for facilities such as the Y. Good luck to you all as you develop creative solutions.
Interested in weight lifting and cardio room.
It would have been nice if there was a way for the Y to continue virtual classes. I know that the classes stopped when the facility got shutdown by the Gov, but it would have been nice had the classes moved to zoom.
keep goin guys, we'll get there
Let's get open and moving!
Limit class size. Limit weight room, diligent cleaning. Offer outdoor classes while weather is good
looking forward to classes again
Looking forward to yoga classes. Maybe a Y class outside the Annex area? Spaced 6 feet apart?
Looking most forward to group classes PiYo and yoga. The facility should be very well cleaned every day on off hours. Disinfected in every way. Hire more people to do this -I would pay more for crews to ensure the main and express sites are clean, clean.
Masks and an aggressive disinfectant plan. Something that enables us to spread out workouts to reduce the occupancy. Maybe a live update on the level of use, e.g. very busy, busy, average or lite.
Maybe posted daily updated notice if when bathrooms/LR last cleaned. Like airports/stores do. Really enforcing members wipe equipment when done?
Me and my family take advantage of the early AM workout classes (spin, etc), the climbing wall and the racquetball courts. I'd think those could all be done fairly safely. The 6AM spin class usually has ~10 or so people and we could just make sure we're spreading out on the bikes a bit.
Might want to emphasize/publicize wiping down equipment after use.
Monitoring to make sure people clean equipment and mandatory masks for members would make me feel better, but it's still an enclosed space with people breathing heavily.

Most excited about the climbing wall and I miss cardio access. I want to know more info about how the virus transfers. If it doesn't transfer on surfaces, the wall could be made safe. Once test, trace, isolate is implemented we can go back to normal. If we can't get that, it'll be a vaccine before things can be truly normal. Scheduling would help mitigate risk.

Multiple daily machine sanitizing.

My college-age son is the person in our household who misses the Y the most. He would like to have access to the weight room (hand weights & body weight exercises aren't enough for him). Scheduled workout times I think would work for him--it could reduce risk by limiting the number of people in the facility & give opportunity for sanitization between workouts. Good luck to you all as you plan for these new circumstances!

My home is not conducive to workouts and I would rather do them in a facility such as the Y. I feel that since part of my membership fees are used for facility maintenance, I should be allowed to work out at the facility. If I have to do workouts online, the fee should be reduced. I am not that concerned about health issues surrounding COVID.

My wife and I are most interested in weight workouts. Scheduling so the weight room is not too crowded would be appreciated

My wife and I have cancelled everything throughout the summer and we leave the house only to shop, and then only one of us per shopping. Basically, we'll only be happy when there is a vaccine available. We're too old to mess with this thing! Our exercise consists of bike rides & no groups at all, masks and gloves, etc.

need a vaccine or scheduled workouts and known recovery methods if one is infected by the virus

No comments.

No masks! The scared people can stay away. Let's get this going. I feel more comfortable when we're not acting ridiculously.

Not sure if I can get enough oxygen with a mask on.

Not that concerned about kids safety returning, would love to see the climbing wall open asap, again will comply with whatever mitigations are necessary to make that happen for all members.

Open it up. It should be our choice and our risk to take. Our freedoms are being slowly taken away.

Open the parts you can open safely. We have been playing outdoor paddleball instead of indoor courts sports without issue wearing masks. I would think the risk is small.

Opening up a gym right away when the restrictions lift is highly risky to me and I will be very hesitant to return to the gym. It is not very likely I will be back this year as I am pregnant and the risk is too high to come in contact with the virus in a gym setting.

Over the summer, I use the Y less anyway. But I'm still missing my regular classes (PiYo, cardio classes, and Zumba). I don't want you to reopen until it's safe to do so.

Pickleball is social distancing. ;-)

Please consider how social distancing will apply to the eight room. I think if you had a maximum number of people allowed at one time (5) it could work. Perhaps this needs to be scheduled in advance.

Please open ASAP

Please open the climbing wall.

Please reserve 1pm to 4pm each day (when fewer people are in) for no noise from your music box. Have you not noticed that this is 2020 and most people have ear buds anyway and you are wasting money on your music subscription?

probably would not hurt to monitor temperatures when people come in

Q7 would this be in addition to regular fees? What about current fees?

Question 2 masks- not sure how breathing through a mask while working out would feel- not sure I could do that ?

Quite honestly, summer is when I use my membership the least as I prefer to be outside on the trails. I will utilize it on rainy days in the coming months, if made available. Otherwise, I will be fine waiting until the fall or winter when hopefully things have been phased back in.

Regarding question #2: The Y is important to me because of the exercise equipment, specifically the stationary bikes, which I don't have at home. I am willing to wear a mask in all other areas of the Y (entrance, locker room, etc.) but would be unhappy having to wear a mask while actually exercising. If I were able to schedule a time to be in the equipment room, I would do that, especially if that meant that there was social distancing in the equipment room so that I wouldn't have to wear a mask at that time.

Scheduled times/ reservations for machines/workouts, limited # in classes, spacing, thorough wipe down before & after workouts

Seems important to plan for limiting numbers of YMCA facility users at any one time so all can do social distancing while at the Y. Even with social distancing and masks, however, I think I will feel nervous about exercising with others in the room when many of us may be breathing heavily! I would certainly like to get back to my regular cardio workouts, but right now it seems more important for us NOT to take the chance of spreading the virus.

Silver sneakers

Social distancing in a gym is difficult. I feel like there is rarely enough cleaning done on equipment and members don't always clean it after themselves. If someone is not following cleaning protocol I feel they should lose their gym privileges temporarily and if it happens again then they should lose them altogether. The last thing we need is people who don't care to clean off equipment after they use it and spread germs/diseases they might not know they have. Working out with a mask is okay for some people but others will not be able to due to medical reasons or claustrophobia and/or anxiety even. I hope that you will take a slow and gentle approach to reopening to ensure the health and safety of your patrons. My family would love to get to the climbing wall again but understand that might be one of the last areas to reopen.

Spread equipment apart. Limit number of people per room. Maybe limit time of visit.

Stretching class, but with social distancing and masks. Working out on a stationary bike. How often will the equipment be cleaned? or can I, as a member, clean it sufficiently after use? Also, how often will the locker rooms/showers be cleaned? Will they be sanitized? Will they be available at all? Will there be social distancing in the cardio room? Is that part of scheduling workouts? Thanks!

Thank you for sending this survey - what a great idea!

Thank you for staying available to the community. I hope to see you all soon!

Thanks for reaching out to us

Thanks for the survey.

Thanks for your service!

The above mentioned ideas such as requiring masks and scheduling workout sessions would be mandatory for me to come into the Y to work out... it's not something you want to have to wait in line for like at the grocery store right now, but I also would not go if it was going to be full. Also, extra hand sanitizing stations everywhere, and maybe extra staff to continually wipe down equipment, even if it's required that the member do so (because the member may not do that good of a job!). Also, roping off equipment, especially in the treadmill room, to enforce distancing. I'd also be curious to hear how you're thinking about managing fitness classes regarding numbers of people/reserving spots, etc.

The concern I have (as this was happening in the past) is that MANY members do not clean after using equipment. YMCA staff did not enforce or supervise the use of equipment. If and when you open, this must be enforced very strictly.

The Les Mills workouts that you gave us access to have been awesome! Until the time comes when all of this is over, I'd love to continue having access to Les Mills. Even better would be a scheduled live class daily, or 3 times a week at a minimum. The live classes on YouTube with our wonderful instructors were really good. You should continue them.

The Y is a great resource and I hope the Y can open soon when it is safe to do so.

The Y should not reopen until it is completely safe to do so and there is no risk of someone transmitting or catching COVID-19 in the facility.

There is no "crisis". None of the so-called statistics from this bs is any worse than regular influenza. Grow some "balls" and open up!

there's a lot of problems with the masks idea to prevent spread that officials and organizations seem to be ignoring. Hard to use a mask properly when breathing hard during a workout or running around. Most masks (non-N95 or N95 with valves) are not effective at stopping environmental expulsion of SARS-COV-2 like they are for the flu and common cold (cited Nature Medicine 26, 676-680(2020)). Quality mask are very hard to get a hold of right now. Will the Y supply proper quality masks for customers as most of us can't get a hold of them ? I've seen people working out in the past coughing all over everything and not cleaning after using the equipment. I am very worried that I won't be able to safely work out again being in the high risk category. I picked up influenza Type A in December and it almost killed me. This really hurts as I enjoyed use of the weight rooms, courts, and climbing wall, but don't know if it will be safe enough until a vaccine is present. I've been donating my membership, but if I can't go back to working out in the next month or two safely, then I'll need to cancel. This virus has hit me really hard both financially and limiting future opportunities being in the high risk category. Sorry for venting and I will probably have to quit in the next month or so. I really liked the Y, but I am very worried about avoiding the virus and although the Y's staff is great, some of the patrons don't care about spreading bugs to other people. I am very torn on whether to continue membership or not. I guess I'll just have to wait a bit and see how things develop.

This is a good time to reinforce the habit of people wiping down equipment when finished (they should have been doing so anyway).

Training in a mask will increase your VO2 max and is similar to high altitude training. That being said, only N95 wil prevent viruses from being inhaled and they're really tough to breathe through. Consider classes in the park, bring the small weights. I might consider that.

Treadmill, weights, equipment: don't have at home & yoga classes. Spray bottles of 70% ethanol at equipment & weight room; hand sanitizers throughout facility, limiting capacity of facility & requiring face coverings.

Using cardio room. Steps taken to Ensure social distancing

Wash the bars in the weight room, require masks, and maybe have a doorman. Touching the hardware now would keep me away from the Y.

We (my wife and I) use the Y for weights and aerobic (treadmill and elliptical) and miss coming to the Y. I hesitate to say "require a mask" because that will likely kill any aerobic workouts; and I don't know what to do about that, hence, my hesitation to say we would come back if you opened immediately (or soon). I am not overly concerned about contact surfaces, as those can be cleaned. However, I room where someone is coughing would give me huge pause.

We all know this is not easy, you are all doing a great job with what you have been handed. Hang in there!

We are looking forward to fencing, jujitsu, and climbing. Could fencing or jujutsu be offered as virtual classes?

We may not be back until a vaccine is available. I doubt the practicality of doing hard cardio workouts with a mask. I also think that an asymptomatic infectious person could spread a lot of virus because of the high breathing rates during exercise. Six feet is probably inadequate spacing under those circumstances. I don't think that a workout environment would be a good place for any of us with risk factors (senior citizens). I do look forward to getting back when I'm sure it can be done safely.

We miss the weight machine. Having people wear mask and limited numbers so we can social distance.

We need to open up the Y soon. Keep quarantine rules in effect for members over 60 and those with pre-existing conditions.

We plan to continue to pay for our membership regardless of when we feel safe to go back in.

We primarily use YMCA for Silver Sneakers, secondarily for machine exercise room. Assuming social distancing will preclude basketball in the gym -- it could be used for classes such as Silver Sneakers. The exercise machines could be spaced to meet social distancing, but would severely reduce capacity -- probably one-third or less of current use. Face masks are essential. No obvious solutions for child care social distancing. Need social distancing guidance when people are going along hallways to/from classes and exercise apparatus rooms.

We think the Y will do whatever they need to to keep us safe as they can. We appreciate all that you do.

Wearing a mask would be hard to breathe during any work out so I would probably opt out of coming to the Y if that was enforced (I sweat enough without a mask!). I'm curious how people's workout schedules would be enforced/monitored or how it might change. Equipment and cardio room is very close together. I have found the Les Mills to be very difficult to follow (too fast, british accents, require equipment). I have been either running outside or using other free workout apps (i.e. Daily Burn) that doesn't require much equipment. Could you maybe allow members to "spread out" with using the studios and basketball courts for workouts? Thank you for this survey!

Wearing of masks and maybe even gloves should be required

Wednesday morning weight machines.

Weights and others to be at a safe distance to workout with is what I most am looking forward to. I look the scheduling a time idea to keep it safer. I would like to see cleaning products for the equipment and weights being made available for us to use before and after we use the weights. Start slow and see how this all plays out. Youth sports should also start slow.. Being the coach of your jr roller derby program, I think we need to start with conditioning at a safe distance following the guidance of JRDA. This means not actually playing the sport but working on strength and skills individually. When roller derby is opened back up for contact them we will be ready physically. This may not be for a long time or when a vaccine is available. But we would like to be ready. Thanks for asking.

What is the plan for locker room usage?

What is the Y planning on doing to protect staff? How will my membership be affected price wise? I do not feel comfortable working out in the facility unless strict distancing and cleaning measures are in place. How is the Y planning on screening members? Will children be allowed in the facility? Can I bring my own equipment? Will the Y rent equipment? How often will equipment be cleaned? Will you require members to clean equipment after each use and what will be done if this is not followed?

Will you clean equipment in between appointments?

With the closure of the YMCA and the wellness center, I Purchased my own exercise equipment, so I now have less need for a gym. I am very concerned that businesses are opening up before it is safe, due to political pressure.If cases and fatalities go up, this is going to backfire. Everything is going to get shut down again anyway. On the other hand, I understand that you are under extreme financial pressure. A very difficult situation! Unfortunately, the environment of a gym seems pretty conducive to transmission.

Working out together ♥

Working out with a mask is dangerous and would limit many to nearly pointless routines where they would truly get more out of workouts elsewhere.

Yo. Add that pull-up bar and the wall climbing thing back over the squash court.

Yoga can be held outside by y express courtyard. Nicer option than in a classroom during nice weather/temperature.

Youth sports is controversial since some minors may not take it (new normal) as serious as others. As for working out, requiring chaperones and / personal training sessions to maintain social distancing are the best way to maintain and enforce social distancing. Simply taping off "out of service" cardio equipment would work for that space and type of workout. Scheduling workouts are too rigid. Creating a website that tracks the amount of people that are there, and where you are at in terms of capacity, for everyone to see and determined for themselves if they should try to get a workout in would be best. Limiting workouts to 1 hour. Having the receptionist ask a few simple questions, are you here to do cardio, weights or both and logging that info into the website would allow for tracking capacity and let people determine for themselves if they should come. Group class (which by nature would be self limiting) are not as much a concern. Requiring masks is probably going to be required but that limits breathing, a concern for cardio workouts. Allowing for one way foot traffic for entry and exit is crucial.

Zumba. If social distancing still required, it would be nice if Y can accommodate who will come by providing an open space or bigger room than where Zumba normally is performed inside the building.