



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fitness Outdoor Weather Policy

For Group Exercise and Cycle:

Anything below 41 degrees automatically moves indoors

Anything above 42 degrees stays outdoors

Yoga:

Anything below 51 degrees automatically moves indoors (except 6:30 am Yoga with Liz G.)

Anything above 52 degrees automatically stays outdoors

Reminder to members:

Our airflow is NOT recycled air. Fresh air is always being pulled into the building. Our class capacities are only at 25% in every studio that classes are scheduled in. We have NOT moved to 50% even though it has been approved by the IDPH. Dress appropriately for outdoors, the instructor do not have the discretion to move indoors.

Please contact Megan Vazquez, Senior Director of Wellness at mvazquez@nsymca.org with any questions.

North Suburban YMCA
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