



Group Exercise FAQ

How do I register for a class?

- You can register online at www.northfieldymca.org or by calling 507-645-0088
- Class registration opens Saturday at 12:01am for the upcoming week

Do I need to register in advance?

- Pre-registration is recommended, but not required. If you do not have a registration and would like to attend class, Member Services can register you if space allows.

Do I need to check "in" and "out" for class?

- For outdoor classes:
 - The health screener will check you in and out.
- For indoor classes:
 - Check in at Member Services- please let them know you are here for class.
 - You'll check out by scanning your key fob at the exit
- If you plan to use the wellness center or pool before/after class, please let Member Services staff know when you move to a new area (for capacity tracking purposes!)

What if I cannot attend a class I have registered for?

- Please let us know if you are unable to attend by calling 507-645-0088 or emailing grouplex@northfieldymca.org

Where are the classes being held?

- The following classes will be held in the gym:
 - RIP, Kettlebells, Transform, Circuits
 - Any class beginning before 7:30am
- All other classes will be held outdoors, weather permitting. In the event class is moved inside due to weather, yoga will be held in the studio and all other classes will be in the gym.
 - Classes will be moved inside if:
 - Heat index is at or above 90° F
 - Temperature is below 50° F
 - There is rain, lightning, or other severe weather
 - Registered participants will be notified via email if the class location is changed due to weather.



What is the class capacity?

- Class capacity is dependent on the area in which it is held:
 - Outdoors:24
 - Gym:15
 - Studio:6
 - Pool:9

How does the waitlist work?

- Waitlisted participants will be notified via email if a space becomes available.

Do I have to be a Y member to attend a class?

- Yes. At this time, GX classes are available to active members only.

What are the age restrictions for classes?

- Classes are open to active members ages 13 and above. Participants ages 13-14 must have an adult in the facility (not required to be in class).

Do I have to bring my own mat/equipment?

- We have mats and weights available for all classes. You are welcome to bring your own mat if you'd prefer.
- We do not have towels available at this time, so you will need to plan to bring your own.

Are the locker rooms open?

- The locker rooms are available for pool patrons only.
- Locker room time is limited to 10 minutes before and after class for showering/changing.
- Lockers are not available at this time, so please bring your belongings with you.