



FAQs: Resumption of limited indoor group fitness classes during COVID-19

Woah, indoor group fitness classes are back! How do we do that safely?

Yes, the LJCC is introducing a limited number of indoor group fitness classes, as we've heard that some members are interested in moving back indoors! In order to ensure the safety of our community, masks must be worn at all times by instructors and participants AND all participants must be spaced 15 feet apart. Also, all classes will take place in our auditorium, which allows for sufficient social distancing and better circulation. There is a restricted number of participants allowed, based on designated required spacing.

Why are there a limited number of indoor group fitness classes?

With cases climbing and compliance issues surrounding COVID-19 protocols becoming more significant, the indoor group fitness schedule is starting out small so we can see how it goes. We will reduce or pause the indoor class offerings if protocols aren't followed. We will be willing to increase the number of classes if the indoor classes are successful.

Why do I have to wear a mask during group fitness but not while on the fitness floor?

Great question! Because an instructor is working to project their voice (even with a microphone), it is best practice to have instructors and participants wearing face masks to prevent the spread of the virus. Additionally, with all participants facing the same direction and doing the same exercises at similar exertion levels all at the same time, the airborne spread of the virus poses more risk than being on the fitness floor working independently at different locations on different exercises.

Who will ensure that all participants are cooperating with COVID-19 policies?

We are specifically assigning staff to monitor classes to ensure that all COVID-19 policies are followed in order to protect the safety of all who would like to participate. All participants are required to sign an agreement indicating their willingness to abide by these safety measures before class. If COVID-19 policies are not followed, the class will immediately be stopped for all participants, with no exceptions made. We continue to keep the safety of all members as our top priority.

If it begins raining during an outdoor class, will the outdoor class move inside?

No, only the classes that are listed on the Indoor Group Fitness schedule on the designated days and times in the auditorium.

Wait, what does this mean for virtual and outdoor group fitness options?

Don't worry -- we're still hosting virtual and outdoor group fitness classes to meet the needs of all of our members. We are grateful for instructors who are willing to teach in a variety of ways so that we can continue to provide the group fitness experience to all our members!! The J continues to prioritize the safety of all members, and we understand that means offering a diversity of options.