

STRENGTH BLOCK

Use of free weight equipment, medicine balls, kettle-bells, Cybex and plyo boxes for up to an hour, overseen by a Y instructor. You must clean whatever equipment you use before and after. Stretching is allowed, but if you'd like to use a mat, you will need to bring with you. Unfortunately we will not be able to offer reservations for a specific pieces of equipment.

TRACK USAGE

- 1. Track is first come, first serve with 10 people maximum at one time.**
- 2. Walking ONLY in outside right lane**
- 3. Inside left lane used for passing only – still maintain a 8+ft distance**
- 4. No walking side by side – no exceptions**
- 5. ALWAYS remain 8-10 feet away from person in front of you**
- 6. People wanting to walk together must walk one in front of the other in the far lane and keep 8-10ft distance from others on the track.**

PLEASE NOTE: The track is closed Tuesday and Thursday 9:00-10:00am and Monday– Thursday 5pm-7pm so that we may offer Small Group Training classes with a personal trainer in a socially distant location.

For online reservations you must create a username and password at the following

https://www.supersaas.com/schedule/YMCA_of_Greater_Nashua/Nashua_Cardio_&_Strength_Blocks

*We are unable to supply mats, you will need to bring one with you. Social distancing will be required and no sharing of equipment will be allowed. Each participant is also asked to clean equipment before and after use.

For any questions regarding this schedule, please contact Melissa Collins @ mcollins@nymymca.org