Our staff has been working diligently on the reopening plan for our Fitness Center and other areas of the JCC, and we are so excited to welcome you back!

The FAQs below pertain to our initial reopening. While this is new territory for us all, we will do our best to make our building as accessible and comfortable for you as possible. We want to make sure that we create a balance between maintaining appropriate standards and meeting your fitness needs. As this situation is very fluid, we continually review the constantly changing guidelines to ensure we are up to date with the most current recommendations set forth by state and local authorities.

We will communicate all operational changes via email blasts and postings on our website and social media. The information below is based upon current New York State and CDC guidelines.

**Will you screen people as they enter the J?**
Yes. Upon entry, we will conduct a brief screening. Each person entering the building will have their temperature taken and will be asked a few questions.

**Will you require masks?**
Yes. All staff and members will be required to wear masks. Masks should be worn by all members at all times (except when drinking) while in our facility.

**Will there be additional precautions for social distancing and contact?**
To help achieve maximum safety, we will be introducing a scheduling system where members can schedule visits to the J. There will be designated timeblocks throughout our hours of operation. This will be available through an online system; more details to follow on this in the upcoming weeks. We have installed plexiglass in several locations inside our facility. This will help provide distance during the check-in process. We will also leave the Fitness Center doors open for less touching points and better air circulation. In addition, many interactions will now become touchless for added protection. Members will also have the option to register for programs online.

**Will the pool be open?**
The JCC pool is open for lap swimming only, Monday-Friday. Members must register for a lane in advance through our online registration system. You can reserve one slot at a time. After you complete your swim time you will be able to book your next swim. Please note that registration for the following day will close out at 5 pm the night before. If you need assistance setting up your online account, please call the JCC at 516-766-4341 or email Jackie Ruiz at jruiz@friedbergjcc.org. Additional information about your visit to the JCC will be provided after you register.

**Can I use the gymnasium?**
During our initial opening, the gymnasium will not be available.

**Will there be group exercise classes?**
Yes, please look for our outdoor pop up schedule. Stay tuned for information on when classes will return indoors. Classes will also continue virtually.
How will I work out in the Fitness Center?
We are excited to have you back in our Fitness Center. Here are our initial plans:

- We will limit the number of people who will be allowed in the Fitness Center at one time to less than 33% capacity. Those who use our scheduling system, will be guaranteed entry for specific reserved times. Walk-ins will be allowed entry depending upon the total number of members already at the J.
- There will be designated timeblocks throughout our hours of operation.
- At our initial reopening, members will be asked to limit their time in our Fitness Center to 45 minutes.
- During our initial opening, we will be closing our Fitness Center for 15 minutes between sessions to allow for our staff to wipe down and sanitize the Fitness Center and equipment.
- Walk-ins will be allowed entry depending upon the total number of members already in the Fitness Center.
- Certain strength machines may not be available.
- We will have limited quantities of small equipment, such as dumbbells.
- Stretch mats, yoga blocks, foam rollers and bands will not be available. You are welcome to bring your own stretch mat.
- Water fountains will be turned off and not available for use. Water will be available for purchase or we recommend bringing your own.
- Locker rooms will be closed.
- Please consider leaving bags, coats, etc. in your car.

What is your cleaning schedule, and how are you disinfecting the Fitness Center?
We are in the process of developing a comprehensive cleaning and disinfecting protocol which will use EPA registered cleansers and follow best practices. During the time we have been closed, we secured an ample supply of cleaning materials, gym wipes, hand sanitizer and soap. Our Clean Team will continuously wipe down and sanitize our spaces and equipment during our hours of operation. For the comfort and safety of all, deep disinfecting will take place after hours.

What are your hours?
We are in the process of determining our hours. Our goal is to find the right balance for our staff while accommodating our members’ needs.

Will you still offer virtual classes and programming?
Yes! Virtual fitness is here to stay! We love how well-received all our virtual classes have been and will continue to provide a variety of classes and workouts that all of our members can enjoy at home. As soon as it’s feasible, we will begin to transition some of the programs back into the JCC, although a virtual component is here to stay for the foreseeable future.

What about our other programs such as Adult Services and Social Services?
At this time virtual classes will continue for Adult Services, our Dementia programs, Social Services and Parkinson’s programs.

I don’t remember how to use the equipment. Can someone help me?
Of course! Our fitness team is always happy to give a refresher session. Just let us know that you would like a reboot. Contact Jackie Ruiz for all of your wellness needs and questions at jruiz@friedbergjcc.org or 516-634-4019.

If you have any questions about your membership status please contact the JCC at 516-766-4341 or membership@friedbergjcc.org.