



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sheridan County MASK MANDATE

In Effect
Thursday, Nov 19th

Group Exercise Class Compliance

- Participants must wear a mask at all times until the instructor starts class.
- Once class ends, please put mask on before leaving your station.
- If you leave a space for any reason during class, please wear your mask.

Thank you for helping the Y remain open!



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Sheridan County MASK MANDATE

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Weight/Cardio Room Compliance

- Members must wear a mask at all times until they are “actively exercising”.
- When transitioning between rooms, please wear your mask. (restrooms, hallways, stairwells)
- If you are visiting with others between sets, please wear a mask until you return to “actively exercising”.

Actively exercising definition: when your workout has become too strenuous to comfortably breathe with a mask.

Thank you for helping the Y remain open!