



## **Tier 1 Mitigations:**

- **Group Fitness Classes (land and water) will resume in-person & instructor lead on Monday, January 25th.**
- **Yoga will remain virtual**
- **Barre will remain virtual**
- **Open swim time will resume. Please reserve swim time at [www.freeportymca.org](http://www.freeportymca.org)**

**Thank you for your continued understanding and patience!**

**The Y. For A Better Us.**