



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

January 4, 2021

Dear YMCA Members,

You may have heard that some gyms in the Rogue Valley are choosing to reopen soon. However, the Rogue Valley Family YMCA is following the Governor's orders and will remain closed as Jackson County continues to be considered in the "Extreme Risk" category for Covid-19 spread. Despite this, we do believe that gyms are a safe and healthy place to be. Several recent studies, including one published in the CDC's "Morbidity and Mortality Weekly Report" have proven that there is no statistically significant association between Covid-19 test results and visiting a gym. Another study commissioned by the University of Oregon College of Business indicates that gyms have not been found to be a cause of spread of the Covid-19 virus. We believe that frequent cleaning and sanitizing, social distancing, and mask wearing have made the YMCA a safe place to be for body, mind, and spirit. When we are able to reopen we will continue these practices.

Since the closure on November 18, we have been busy with projects at the YMCA. We have installed new floors in the front and back entrances as well as the lobby, installed new energy efficient lighting in the Fitness Center, racquetball court, and parking lot and have been doing touch-up painting. We have also serviced and improved our pool pumps and equipment. And we continue to provide emergency child care for families in our valley, which has been very important work we have been doing since the pandemic began in March.

Even though the facility is closed, many of our members are staying fit with virtual fitness classes. We offer Boot Camp, Core and More, ZUMBA Gold, and Yoga. Please check out our fitness class schedule below. We are also planning to add an Outdoor Fitness class beginning in January.

We are very grateful for the continued support of our members and look forward to the day when we are given the green light to reopen our facility and show you the improvements we've made. We can't wait to see all of your faces! We wish you good health and happiness in the new year.

Gratefully,  
Brad Russell and the YMCA Staff Team