



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

As you know, there are growing concerns about the spread of coronavirus in Kentucky, and some hard decisions are being made to keep everyone in our community healthy and safe.

To ensure the safety and health of our members and program participants, **the YMCA of Central Kentucky has made the difficult decision to suspend all senior programming at each of our six locations in Lexington and Frankfort, beginning Friday, March 13.** This is in alignment with actions being taken by the city of Lexington and on the advice of state and local health officials.

The following programs will be suspended: Enhance fitness classes, Silver Sneakers classes, senior water fitness classes and senior activities. We are also suspending programs that support individuals with underlying health conditions such as: LIVESTRONG® at the YMCA, Multiple Sclerosis and Parkinson's Support, and the Diabetes Prevention Program.

We will resume normal senior programming as soon as local health officials indicate it is safe to do so.

Our facilities remain open and general group exercise classes will continue; however, we are closely monitoring the situation and will make operational adjustments as needed.

We encourage all members to review the Center for Disease Control's guidance for individuals who are at higher risk of becoming ill from COVID-19. High risk groups include: older adults, people who have serious chronic medical conditions such as heart disease, diabetes and lung disease. Information about who is at higher risk, and steps they can take, is available here.

Health officials continue to advise that the best way to stop the spread of the virus is to practice good personal hygiene. You can help all of us by washing your hands frequently and thoroughly and cleaning the exercise equipment after use. Also, please stay at home if you or your family members are feeling unwell.

We will continue to update all of our members and program participants with information if and when warranted.

Thank you,