

Fitness is so important to so many people whether it be physical, mental or overall health. Ukiah Valley Athletic Center gets calls daily from members who have valid doctor's notes from places like Stanford Medical Center, UCSF, AHUV, Sutter, Memorial and so many more respected facilities for use of the indoor therapy pool. The pool is kept at 90 degrees, so it's perfect for arthritic members who would be in pain to get the same exercise or less exercise due to pain. UVAC also gets doctors' requests for members to lose a few pounds prior to knee surgery and the list goes on. This pandemic has brought to light just how many people depend on the club for health. The indoor pool has huge blowers that bring in fresh air 24 hours a day having a complete air exchange every 2.5 minutes. The owners are conscientious.

I am not a member, so I am not asking for myself. I am asking for the well-being of our community: please consider a common-sense approach as you restrict local businesses and allow UVAC to provide services that safely promote healing and wellness.

Sincerely,

Jendi Coursey