

# SPIN ROOM

## GUIDELINES

**SCHEDULE** - Group X rooms are only available during scheduled classes. Doors are kept locked when not in use. Rooms (Spin Room, Aerobics Room A and Aerobics Room B) are not available for member's personal use or available for rent.

**CLASSES** - We offer a wide array of classes at our YMCA. Certified Instructors lead you through the workouts providing effective, fun and easy-to-follow steps.

- Most classes are FREE with membership.
- Please notify instructor if you are new to exercise.

**ALL IN THE FAMILY** - Fitness classes are open to adults.

- Children ages 12 and older may attend classes with a Parent/Guardian dependent on space. A bike cannot be guaranteed until all adult attendees have taken their seats.
- Youth classes are available for children 4-12 years of age.
- FREE drop off with Child Watch and/or Rec Room while you work out for those who have a family membership.

**ATTIRE** - Please wear proper Athletic attire. No open toed shoes, no dress shoes, and sports bras worn as outerwear are not permitted. Proper Athletic attire is determined at the discretion of YMCA staff.

**KEEP IT SAFE** - Secure your belongings. The YMCA is not responsible for lost, damaged or stolen items.

**DRINK UP** - Stay hydrated with water. No food/additional drinks in Spin Room.



# AEROBICS ROOM A

## GUIDELINES

**SCHEDULE** - Group X rooms are only available during scheduled classes. Doors are kept locked when not in use. Rooms (Spin Room, Aerobics Room A and Aerobics Room B) are not available for member's personal use or available for rent.

**CLASSES** - We offer a wide array of classes at our YMCA. Certified Instructors lead you through the workouts providing effective, fun and easy-to-follow steps.

- Most classes are FREE with membership.
- Please notify instructor if you are new to exercise.

**ALL IN THE FAMILY** - Fitness classes are open to adults.

- Children ages 12 and older may attend classes with a Parent/Guardian dependent on space.
- Youth classes are available for children 4-12 years of age.
- FREE drop off with Child Watch and/or Rec Room while you work out for those who have a family membership.

**ATTIRE** - Please wear proper Athletic attire. No open toed shoes, no dress shoes, and sports bras worn as outerwear are not permitted. Proper Athletic attire is determined at the discretion of YMCA staff.

**KEEP IT SAFE** - Secure your belongings. The YMCA is not responsible for lost, damaged or stolen items.

**DRINK UP** - Stay hydrated with water. No food/additional drinks in Group X rooms.



# AEROBICS ROOM B

## GUIDELINES

**SCHEDULE** - Group X rooms are only available during scheduled classes. Doors are kept locked when not in use. Rooms (Spin Room, Aerobics Room A and Aerobics Room B) are not available for member's personal use or available for rent.

**CLASSES** - We offer a wide array of classes at our YMCA. Certified Instructors lead you through the workouts providing effective, fun and easy-to-follow steps.

- Most classes are FREE with membership.
- Please notify instructor if you are new to exercise.

**ALL IN THE FAMILY** - Fitness classes are open to adults.

- Children ages 12 and older may attend classes with a Parent/Guardian dependent on space.
- Youth classes are available for children 4-12 years of age.
- FREE drop off with Child Watch and/or Rec Room while you work out for those who have a family membership.

**ATTIRE** - Please wear proper Athletic attire. No open toed shoes, no dress shoes, and sports bras worn as outerwear are not permitted. Proper Athletic attire is determined at the discretion of YMCA staff.

**KEEP IT SAFE** - Secure your belongings. The YMCA is not responsible for lost, damaged or stolen items.

**DRINK UP** - Stay hydrated with water. No food/additional drinks in Group X rooms.

