

WELLNESS CENTER

GUIDELINES

SAFETY - Please consult your physician prior to beginning any type of exercise program.

To ensure a comfortable atmosphere for everyone, please be safe, courteous and respectful of others. Derogatory and obscene language/clothing is prohibited.

Orientations are required prior to using the equipment. YMCA staff are here for you, please ask for help if you need assistance.

For the safety of others place all bags, coats, extra shoes etc. in the locker room (locked) or in the cubicles in the Wellness Center.

In creating a safe, caring environment no firearms or weapons are allowed on the premises with the exception of sworn law enforcement officers with proper identification.

AGE - Members 16 and older may have access to the Wellness Center area. Members ages 10-15 are required to attend the Youth/Teen Training Class to gain access to the Wellness Center. After completion of the course, ages 10-11 may have access WITH a parent, guardian, or an adult supervision. A parent, guardian, or an adult in the building. Ages 12-15 may have access without adult supervision.

NOISE - Music from audio devices is not permitted.

DRINK UP - Water and sports drinks in enclosed containers are welcome. No food permitted.

ATTIRE - Please wear proper athletic attire. No open toed shoes or no dress shoes. Sports bras or crop tops worn as outerwear are not permitted. Proper athletic attire is determined at the discretion of YMCA staff.

EQUIPMENT - Cardio equipment is on a first come, first serve basis.

When all Cardio machines are in use and members are waiting for machines, a 30 minute time limit will be enforced.

Do not drop weights on the floor. Return and rack weights when finished. Use collars for safety when lifting.

Equipment is NOT to be removed from the Wellness Center. This includes weights, benches, etc.

Do not monopolize several pieces of equipment while others are waiting. Please allow others to "work in" or take turns.

Please wipe down equipment, throw used towels in bins, and remember to take your water bottle with you.

MANNERS - As a courtesy to others and for your safety please do not talk or text on your phone while using equipment. Use of camera phones is prohibited.

RESPECT - Equipment from home (TRX, Kettlebells, etc.) is not permitted.

Unauthorized fitness training of individuals or groups is not permitted.

Horseplay is not permitted.

CHALK is not permitted.

The Y reserves the right to ask anyone not adhering to the posted rules to leave the premises.

