



SPIN GUIDELINES

- Saving bikes is not permitted. One bike per member.
- Stay hydrated.
- Don't forget your sweat towel.
- Wipe down your bike BEFORE and AFTER each use.
- Spin Room is only available during scheduled classes. This room is not available for personal use or available for rent.
- Please notify instructor if you are new to exercise.
- Group Fitness classes are open to adults.
 - Children ages 12 and older may attend classes with a guardian based 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.
 - Child Watch or Rec Room available while you work out.
- 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.
- Secure your belongings. The YMCA is not responsible for lost, damaged or stolen items.



AEROBICS ROOM A GUIDELINES

- Stay hydrated.
- Don't forget your sweat towel.
- Wipe down equipment BEFORE and AFTER each use.
- Group X Rooms are only available during scheduled classes. This room is not available for personal use or available for rent.
- Please notify instructor if you are new to exercise.
- Group Fitness classes are open to adults.
 - Children ages 12 and older may attend classes with a guardian based on space.
 - Youth classes are available for children 4-12 years of age.
 - Child Watch or Rec Room available while you work out.
- 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.
- Secure your belongings. The YMCA is not responsible for lost, damaged or stolen items.



AEROBICS ROOM B GUIDELINES

- Stay hydrated.
- Don't forget your sweat towel.
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- Group X Rooms are only available during scheduled classes. This room is not available for personal use or available for rent.
- Please notify instructor if you are new to exercise.
- Group Fitness classes are open to adults.
 - Children ages 12 and older may attend classes with a guardian based on space.
 - Youth classes are available for children 4-12 years of age.
 - Child Watch or Rec Room available while you work out.
- 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.
- Secure your belongings. The YMCA is not responsible for lost, damaged or stolen items.