



# WELLNESS CENTER GUIDELINES

## SAFETY



- Please consult your physician prior to beginning any type of exercise program.
- Derogatory and obscene language and/or clothing is prohibited.
- Familiarize yourself with equipment prior to using. YMCA staff are here for you, please ask for help if you need assistance.
- Control the weight: Do not drop or slam weights. Please be safe and use a spotter.
- For the safety of others place all bags, coats, etc. in the locker room (locked) or in the cubicles in the Wellness Center.

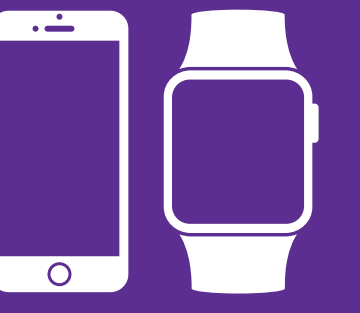
## AGE



- 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 10-15 may have access WITH adult supervision.

Being a family facility we offer the following for our younger members: Group fitness classes specifically for ages 4-12. Ages 12+ are permitted in adult group fitness classes, if space allows (parent must stay in class with youth). We also have sports courts for basketball, racquetball and pickleball (check schedules for open gym times).

## ELECTRONICS



- Music is allowed with headphones and must not be audible to other members and guests.
- As a courtesy to others and for safety, please do not talk/text on your phone while using equipment.
- Do not sit on equipment while using your phone. Let others work in.
- Taking photos of other members or guests is prohibited.

## DRINK UP



- Water and sports drinks in enclosed containers are welcome.
- No food permitted in Wellness Center.

## ATTIRE



- Please wear proper athletic attire and shoes at all times.
- Crop tops and sports bras worn as outerwear are not permitted.
- All tops must cover nipple area.
- No crocs, open toe shoes or dress shoes.
- 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. 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.
- Equipment from home is not permitted.
- Unauthorized fitness training of individuals or groups is not permitted.
- Horseplay is not permitted.
- Chalk is not permitted.
- Please wipe down equipment, throw used towels in bins and remember to take water bottle with you.

The Y reserves the right to ask anyone not adhering to the posted guidelines to leave the premises.  
Membership may be terminated for violating posted guidelines.

The YMCA is based on Four Core Values: Honesty, Respect, Responsibility, and Caring.

The above rules and guidelines are there to help each member practice these core values so that every member can participate and enjoy all the YMCA has to offer.