



Fitness Center Etiquette

- **Respect is one of our core values. Appropriate language and behavior must be displayed at all times.**
- **Proper fitness attire is required. Shirts and athletic shoes must be worn at all times.**
- **Cell phone usage is limited to music and fitness tracking only. Please refrain from phone conversations while using equipment.**
- **Keep your items safe. Free lockers are available as a member benefit.**
- **Stay hydrated. Water bottles only allowed in this area.**
- **Care for the equipment and others:**
 - o **Be responsible. Keep the fitness areas clean and safe.**
 - o **Safety first: use collars and spotters while lifting.**
 - o **Please re-rack weights after each use.**
 - o **Do not rest on machines in order to allow others to use machines as well.**
 - o **Refrain from dropping or slamming the weights.**
- **Help everyone stay healthy. Wipe down all machines after each use with the provided disinfectant.**
- **Children and Youth are Welcome in the fitness center with the following guidelines:**
 - o **Children ages 10-12 may use the equipment with close parent supervision, upon completion of the Youth Wellness Program.**
 - o **Youth ages 13-14 may use the equipment, without parent supervision, upon completion of a Wellness Orientation.**
 - o **Teens 15-17 are allowed to use the equipment without parent supervision; however, completion of a Wellness Orientation is highly encouraged.**
- **Our wellness team is here to help:**
 - o **YMCA certified staff members are the only ones authorized to conduct personal training or exercise instruction on the fitness floor. Please see the welcome center desk for more information.**