



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## 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 per Dress Code Guidelines. 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.

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## CHILDREN UNDER THE AGE OF 10 ARE NOT PERMITTED ON THE TRACK OR EXERCISE AREAS.

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- Children and Youth are Welcome in the fitness center with the following guidelines:
  - o Youth ages 10–12 who pass the Level 1 Youth Wellness exam may use designated equipment with close parent/guardian supervision.
  - o Youth ages 13–14 who pass the Level 2 Youth Wellness exam may use designated equipment independently without a parent present.



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- 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:
  - Only 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 information about personal training services.