



To ensure a safe and enjoyable workout, Please note the following **FITNESS CENTER/WEIGHT ROOM RULES**

- Sign upon entering Fitness Center.
- Please do not enter fitness center wearing colognes or perfumes.
- No cell phone conversations are to be conducted while in the fitness center & on equipment. Please step out into the hallway.
- For their safety, children age 7 & under are not allowed in the fitness room areas.
- Age 8-10 years may use the cardio equipment ONLY when accompanied by a parent during specified Family Wellness Hours: Friday 4pm-8pm; Saturday 12pm-2pm; Sunday 9am-12pm.
- Ages 11-13 must complete the Teen Strength Training Program orientation by a YMCA Fitness Center trainer prior to use of any equipment.
- The YMCA recommends that you consult your physician before beginning an exercise program. If you experience any pain, dizziness, instability, nausea, or any other abnormal sensations like tingling or numbness anywhere in your body during physical activity you should stop doing it at once to avoid harm and consult your health care professional.
- Before beginning any exercise program, seek guidance from a YMCA fitness professional to avoid injuries caused by improper exercise performance or weight selection. Appointments for a free consultation can be made at our Welcome Center.
- Keep hands and feet away from all moving parts and weight stacks.
- Please be courteous at all times. Unsportsmanlike behavior, profanity or foul language is prohibited.
- Allow others to share equipment while you're resting between sets.
- Use collars and clips for all barbell lifting.
- Do not drop or slam down weights.
- Always use a spotter when using, or attempting maximum weights.
- Rack all weights - plates and dumbbells after each use.
- Report equipment problems immediately to the staff. Do not attempt to repair or adjust any equipment that has malfunctioned.
- If dumbbells appear loose or cracked, report to the staff immediately.
- Please wipe off equipment and benches after use with towel and disinfectant spray. Spray towel, then wipe down equipment. Do not spray moving parts of equipment.
- Proper gym attire is required (clothing and sneakers). Shirts and footwear must be worn at all times. No outside shoes, boots, or blue jeans permitted in fitness center.
- Excessive verbal noise during lifting is not permitted.
- Utilize locker rooms; Keep personal items safe by placing all valuables in a secure, locked locker. The Y will not be responsible for lost or stolen items.
- Keep your facility clean by disposing of all towels, bottles, gum, etc., in receptacles provided.
- Please do not bring in food, drink, bags, clothing into the fitness center. Food is not permitted and only sealed plastic bottles are allowed.
- Members may not bring in their own personal trainers. Only YMCA staff certified trainers are permitted to work with individuals at the YMCA.

