



Fitness Center Etiquette

YMCA members are expected to follow the guidelines below for smooth Fitness Center operation as well as to ensure the safety and well-being of all members.

Cubbies are for small items members need while in the Fitness Center. Lockers are available for coats, gym bags, shoes and other large items.

Appropriate attire free of offensive pictures or language, clean-dry shoes and clothing that covers the midriff and buttocks should be worn.

Cell phone usage should be courteous to ALL members. NO pictures or videos may be taken.

Be respectful of other members waiting to use the equipment, offer to share equipment when waiting between sets. Abstain from telling other members how to use the equipment.

Weight plates, bars and dumbbells should be controlled to the floor and returned to the appropriate place by the person using them.

Selectorized weight stacks and cable crossover weight stacks should be controlled to the stop position.

Moving of equipment is prohibited.

Members are expected to wipe off equipment after each use.

Loitering, horseplay and swearing will not be tolerated.

Chalk and tobacco are prohibited.

Youth Policy

Youth members 11-15 years of age are permitted to use the Fitness Center with a Fitness Center Youth Orientation or with a parent or Personal Trainer.

Youth members 11-15 of age who have completed a Fitness Center Youth Orientation, must wear their Youth ID badge to designate the age appropriate area of usage as follows:

*** Youth 11-13 years of age may use the track, bikes and weight machines.**

*** Youth 14-15 years of age may use all cardiovascular equipment and weight machines.**

Youth members 11-15 years of age who are supervised by a parent or Personal Trainer (must be within arms length) can use all Fitness Center equipment.