

FITNESS CENTER RULES

- **Must be 15 years or older to enter the Fitness Center. Youth ages 10-14 are permitted after completing Youth Strength Class.**
- **Proper attire must be worn at all times. This includes clothing that covers the midsection, chest and back; closed toed footwear (no sandals, flip flops, crocs, or boots); No jeans, belts, keys, or any clothing that may cause damage to the upholstery may be worn; clothing with vulgar messages are prohibited.**
- **Courteous language is expected at all times.**
- **Allow others to use benches and machines in between your sets.**
- **Do not drop or slam weights as it is disruptive to other members and could cause damage to the equipment.**
- **Wipe down equipment/machines after use with the spray and paper towels provided.**
- **All dumbbells, plates, and cable attachments must be returned to racks after use.**
- **Store all personal belongings in cubbies or locker areas. The Y is not responsible for items left unattended.**
- **Water bottles, sport drinks, etc. are permitted in a spill proof container, no glass please.**
- **No horseplay, running, excessive grunting or disruptive behavior is permitted in the Fitness Center.**
- **Only YMCA employed personal training staff are allowed to utilize the Y facilities for their services. Our definition of personal training is any behavior perceived as one-on-one coaching, fitness training, and/or counseling being provided by someone other than a YMCA employee. Membership privileges may be suspended or terminated for failure to follow this policy.**