



## Wellness Center Policies

**Age Requirement:** Adult and youth facility members ages 14 and older are permitted full use of the Wellness Center. Youth facility members ages 9 to 13 must participate in a wellness center orientation and may use designated areas when accompanied side by side by an adult member. No one under age 9 is permitted in the Wellness Center.

**Wellness Orientations:** It is highly recommended that all members participate in a wellness orientation. This is a benefit of your membership. This wellness orientation will include proper instruction on how to use the equipment safely and effectively. Schedule an appointment with one of our staff.

**Proper Attire:** Proper workout attire is required. Closed toe athletic shoes are required. No sandals, swimsuits, or clothing that may be deemed YMCA inappropriate.

**Towels:** Cleaning spray and paper towels will be provided to wipe down each machine after use. It is highly recommended that you bring a workout towel.

**Circuit has Priority:** Members who wish to use the strength training in circuit format are given priority over those performing multiple sets. Circuit users utilize each machine for a set of 8-12 repetitions. If you intend to perform more than one set of repetitions on a machine, please allow others to work through on the equipment as you rest between sets.

**Cardio Time Limit:** Please show respect and courtesy by limiting your time on all cardio equipment to thirty minutes during peak times or when others are waiting.

**Cell Phones:** For your safety, and out of respect for other members we ask that all cell phone calls be taken outside of the wellness center.

**Food:** Closed water bottles are allowed. Food, gum and other beverages are not permitted in the wellness center at any time.

**Gym Bags:** For your safety, please store personal belongings in the locker rooms or designated areas. Locks are available at the Member Services Desk. This includes gym bags, purses, extra clothing, etc. The Y is not responsible for lost or stolen items.

**Rack Your Weights:** As a courtesy to all members, when using free weights please return equipment to its proper place at the end of your workout.

**Collars & Spotters:** For the safety of all members, collars are required on all free weight bars and spotters are recommended. Please do not drop weights.

**Personal Trainers:** The Y offers Personal Training for our facility members. Use of non-Y personal trainers is prohibited within this facility and may result in loss of membership.



## **Track Policies**

**Age Requirement:** Adult and youth facility members ages 14 and older are permitted to full use of the track. Youth facility member's ages 9 to 13 must be accompanied side-by-side by an adult member. No one under age 9 is permitted on the track. Strollers may be on the track during non-peak hours and must have clean, dry wheels before being brought on the track.

**Proper Attire:** Proper workout attire is required. Closed toe athletic shoes are required. No sandals, swimsuits, or clothing that may be deemed YMCA inappropriate.

**Food:** Closed water bottles are allowed. Food, gum and other beverages are not permitted on the track at any time.

**Track Etiquette:** Please observe the daily directional signs: On even days utilize track in clockwise motion and on odd days in a counter clockwise motion. Run or walk no more than two abreast and always be aware of others wanting to pass. All walkers and slower runners please keep to the inside rail. Please no spitting on the track.

**Track Safety:** For the safety of all members, balls, open air stereos and dropping of dumbbells are prohibited. No spectators permitted on the track.

**Gym bags:** For your safety, please store personal belongings in the locker rooms or designated areas. This includes gym bags, purses, extra clothing, etc. The Y is not responsible for lost or stolen items.

**Cell phones:** For your safety, and out of respect for other members we ask that all cell phone calls be taken off of the track and outside of the wellness center.

**Track Mileage:** As a courtesy to our members, lap counters are available for check out at our Member Services Desk. 12 laps = 1 mile