



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELLNESS CENTERS

ETIQUETTES & POLICIES

We know firsthand how difficult it can be to find balance in life. That's why we're here every day, making sure that all people have the resources and support needed to learn, grow and thrive.

- Children ages 10-12 may use the Wellness Center after attending a Family Orientation with their parent/guardian present.
- Parental/guardian supervision is required at all times.
- Teens 13 and up are required to complete a Wellness Orientation prior to using the Wellness Center.
- Cell phone conversations are prohibited.
- Workout Towels are required. Please wipe-off equipment after use.
- Appropriate exercise attire is required at all times. Footwear must be closed at the toes and heel. No denim clothing is permitted.
- No food and drinks are allowed with the exception of water in a sealed container.
- Allow other members to "take turns" or "work-in" with you between sets on all strength training equipment.
- A 30 minute time limit will be observed on all cardiovascular machines while other members are waiting.
- Inappropriate conduct, improper use of equipment, use of profanity, and loud or distracting noises are not permitted.
- Inform fitness staff of any malfunctioning equipment or safety concerns.
- Excessive use of cologne, perfume, or distracting scents is not permitted.
- Re-rack all weight plates and dumbbells. Return all equipment after use.
- Safety collars are required on all barbells at all times.
- Gym bags and purses are not allowed in the Wellness Center. Lockers are provided for your convenience.
- The Y is not responsible for any lost or stolen items.

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