

## **Fitness Center – Policies**

### **Proper Attire**

Members and their guests must be dressed appropriately. Each participant is asked to wear comfortable clothing such as a t-shirt, shorts/pants and tennis shoes.

### **Fitness Center Age Requirements**

- Youth ages 13-17 may use the Cardio & Cybex areas of the Fitness Center if they have been “teen certified”
- Youth ages 15-17 must be “teen certified” to use the free weight area.
- Children under the age of 13 are not allowed to use the Cardio & Cybex areas of the Fitness Center at any time.
- Ages 10 and older may use the Walking Track. Ages 6-9 may use the Walking Track with a guardian within reach.

### **Lost and Found**

All personal items left at the YMCA will be kept in lost and found. Items not picked up in a timely manner will be discarded or donated to charity. The YMCA is not responsible for any lost or stolen property. Please put your name and phone number on items for identification.

### **Medical Status**

It is very important that you keep the YMCA informed of any changes in your medical status. Please let us know if you have changed your type or amount of medication, been hospitalized for any reason, been placed under a physician’s care, been in an accident or had an injury or have experienced any medical emergency. Your exercise program may need to be changed as a result of any change in your condition. If at any time, while you are at the YMCA, you begin to feel symptoms such as chest pain, dizziness, shortness of breath, or experience any type of severe discomfort stop exercising, stay calm and notify a staff member immediately or press the red emergency call buttons for help.

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**MEMBER TIP:** If you ever have an emergency while in the facility we have panic buttons located in each room for your use.

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### **Equipment Malfunctions**

Please report any equipment that may appear broken or is not working properly. We will do our best to get it working for you as soon as possible.

### **Consideration of Fellow Members**

All members are subject to the general rules and policies of the YMCA. These rules and policies are subject to change at the discretion of management. Proper etiquette, language and courtesy must be observed at all times and in all areas of the YMCA. If you notice someone in distress, notify a staff member or activate the red call button.

### **Compliments & Complaints**

We welcome your opinions and suggestions. In order to ensure prompt attention, compliments or complaints may be written and entered into the suggestion box or addressed to the front desk. All suggestions are reviewed on a weekly basis. You also have the right to contact a manager for immediate assistance.

### **Exercising Manners**

- Please rack any weights you use.
- Please wipe off equipment after use.
- Please do not rest on machines between sets. Allow others to work in.
- Take towels, trash and/or other items when leaving fitness area.
- No food or drinks are allowed in the fitness center (except for pop-top water bottles).
- There is a 30-minute time limit on all cardio equipment when others are waiting.
- Shirts and athletic shoes must be worn at all times.
- Gym bags, purses, etc. should be stored in locked locker.
- YMCA certified staff members are the only ones authorized to conduct personal training or exercise instruction.