


WELLNESS ETIQUETTE

TO ENSURE A COMFORTABLE ATMOSPHERE FOR EVERYONE

 Proper Athletic Attire must be worn at all times. The YMCA is a family organization and requires members and guests to dress appropriately, including shirts, shorts and shoes.

 Shoes must be worn in the wellness areas and within the facility.

- No open toe shoes.
- No bare feet or socks only.
- No sandals or flip flops.
- No cell phone use is permitted on the wellness floor, except for listening to music.

 Recording on the wellness floor is not permitted.

 Taking phone calls or video calls is not permitted.

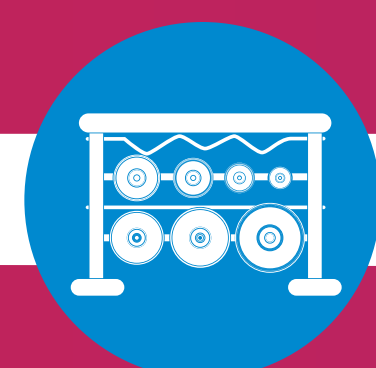
 Members and guests should feel safe and comfortable.

 No food, or chewing gum on the wellness floor.

 Bags, keys, wallets, purses are not permitted in the gym or on the wellness floor.

 Reserving equipment is not allowed.
Multi-set, multi-circuit training, using equipment is not allowed.

 Dropping weights, dumbbells, equipment is not permitted. The YMCA is not a powerlifting gym or Olympic lifting facility. Placing the weights from below the shin is required.

 Re-racking weights, bars, dumbbells, ropes, bands and any other equipment used is required. You will be asked to return items to the appropriate location.

 You are required to clean the equipment after you have used it. This includes the seats, pins, handles and all cardio equipment – including any bodily fluids on the floor below the equipment.

THANK YOU

