



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELLNESS CENTER POLICIES

SOUTHEAST FAMILY ARMED SERVICES YMCA

Age Requirement: Adult and youth facility members ages 7 and older are permitted to use the Wellness Area. Any member under the age of 14 **must** complete a General Orientation with any Wellness Attendant. Youth facility members ages 7 to 13 may use cardiovascular equipment and selectorized machine weights only (No Free Weights) in conjunction with our Red Band Policy and accompanied by a Parent. Absolutely no one under the age of seven is permitted in the Wellness Area at any time, including infants in carriers.

Proper Attire: Shorts, t-shirts, sweatpants, tights, socks, and closed toe athletic shoes are acceptable. No street clothes including jeans, sandals, boots or swimsuits allowed.

Towels: Towels and disinfectant are stationed throughout the facility following the use of equipment.

Food: Food and beverages are not permitted in the Fitness Center at any time. Closed water bottles are permitted.

Multiple Sets: 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.

Cell Phones: The use of cell phones is prohibited while using any piece of equipment and in locker rooms. Any violation of this policy may result in the loss of membership or dismissal from the area.

Gym Bags: In order to keep the Fitness Center clean and orderly, please store personal belongings in the locker rooms. This includes gym bags, purses, extra clothing, etc. The YMCA is not responsible for lost items. Locks may be borrowed from the Welcome Center Desk in the main lobby. We highly recommend the use of our wall lockers for smaller items like keys, wallets and phones.

Cardio Use and Time Limit: Please limit your time on all cardio equipment to thirty minutes during peak times or when others are waiting.

Re-Rack Weights: When using free weights, always re-rack at the end of your workout. Leaving heavy plate weights on bars or machines can prevent others from loading or using.

Collars & Spotters: For the safety of all members, collars are required on all free weight bars and spotters are recommended while lifting.

Personal Trainers: The YMCA offers Personal Training for facility members. Please see Wellness Staff for more information. ****Note:** use of non-YMCA personal trainers is prohibited within this facility and may result in the loss of membership.

Fitness Orientations: It is highly recommended that all members participate in a fitness center orientation. This is a benefit of your membership. Learn how to exercise safely and effectively. Schedule an appointment with any of our Wellness Staff.

Wellness Floor Etiquette: Please be respectful of all members and guests. Profanity and horseplay will not be tolerated and may result in your dismissal from the area.