

STEAM ROOM/SAUNA POLICIES

- It is recommended not to use the steam room/sauna room alone. Remember to enter and exit slowly.
- Bathing suits or gym attire must be worn inside the room.
- Limit yourself to a maximum of 10 minutes per hour.
- No drying of clothes in the steam/sauna room.
- No personal grooming such as shaving or clipping nails in the steam/sauna room.
- Pregnant women, elderly persons, persons suffering from heart disease, epilepsy or seizure disorders, diabetes or high or low blood pressure should NOT enter the steam/sauna room without prior medical consultation and permission from their doctor.
- Do not use the steam/sauna room while under the influence of alcohol, tranquilizers, or other drugs that cause drowsiness or that raise or lower blood pressure.
- Food and drinks are not permitted in the steam/sauna room.
- Please refrain from using lotions or oils in the steam/sauna room.
- Glass items should not be brought into the steam/sauna room or shower areas.
- Electronic devices with camera/recording are strictly prohibited.
- Inappropriate behavior is strictly prohibited. If you witness such behavior, please report it to Y staff immediately.
- No one under the age of 16 is allowed to use the steam/sauna room.