

# WELLNESS CENTER POLICIES

- Safe and proper use of equipment is expected. Exercise within your limits. You are responsible for your personal health and safety while exercising. If you need assistance or have questions, please speak with a Healthy Living Coach.
- Members are expected to wear appropriate attire and footwear. Shirts must be worn at all times and shoes must be closed-toe with a rubber sole.
- Help keep the Wellness Center clean by wearing shoes that are free of mud and debris.
- Please refrain from using cellphones (this includes texting, emailing, photo, and video) in the Wellness Center.
- You may bring resealable plastic or aluminum beverage containers. Food is not allowed in the Wellness Center.
- Leave all personal items and gym bags in a locked locker or in designated cubbies. Do not leave personal items on the floor or behind/beside equipment. Lock up valuables such as wallet, car keys, phones.
- Please leave important valuables at home. The YMCA of WNC is not responsible for lost or stolen items.
- Only YMCA of WNC personal trainers can do personal training in YMCA of WNC centers.
- Members are expected to sanitize, wipe down, and return all equipment – including weight plates and dumbbells – to the proper location after use.
- Report any inappropriate behavior or injury to a YMCA of WNC staff member immediately.
- There is a 30-minute limit on the use of all cardio equipment.
- Use the sign-up board to reserve your workout time. If no one is waiting after your 30 minutes are up, you may exit the cardio machine and sign up for another 30 minutes.

- Youth ages 10-12 may use the Wellness Center under direct adult supervision if they have had Youth & Family Orientation and are wearing their Youth & Family Orientation wristband.
- Youth ages 13-15 may use the Wellness Center if they have had Teen Orientation and are wearing their Teen Orientation wristband, or if they are under direct adult supervision.
- Please be respectful of others when using strength equipment and allow others to work out in between sets or during rest periods.
- Weights should be handled carefully. Do not allow machine plates to slam together and do not drop weights.
- Use collars when using Olympic bars and use a spotter for heavy lifting.
- For everyone's safety and well-being, all members will follow Wellness Center policies. Members in violation of any policy may be subject to removal and/or the suspension of equipment use in the Wellness Center.