

STEAM ROOM SCHEDULE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MEN'S DOWNSTAIRS LOCKER	10:30AM - 6:30PM	5:00AM - 10:30AM 6:30PM - 8:45PM	10:30AM - 6:30PM	5:00AM - 10:30AM 6:30PM - 8:45PM	10:30AM - 4:30PM	10:30AM - 1:45PM
WOMEN'S DOWNSTAIRS LOCKER	5:00AM - 10:30AM 6:30PM - 8:45PM	10:30AM - 6:30PM	5:00AM - 10:30AM 6:30PM - 8:45PM	10:30AM - 6:30PM	5:00AM - 10:30AM 4:30PM - 6:45PM	7:00AM - 10:30AM

Steam Room Rules-Please Read Carefully

- Members using the Steam Room **MUST** be 18+
- Members should limit time in the steam room to a maximum of 10 minutes.
- Members should wait at least 5 minutes after exercising to cool down, or until sweating has subsided before using the steam room.
- Members are expected to wear a bathing suit in the steam room and use a towel to sit on.
- Due to high temperatures and high humidity in the steam room you may be exposed to an increased health risk.
- Individuals at high risk (pregnant women, individuals taking prescription medication, those with elevated blood pressure, prone to dizziness or lightheaded episodes, circulatory deficiencies, diabetes, heart disease, history of epileptic seizures, and those under the influence of alcohol or recreational drugs) should be advised not to use the steam room unless authorized by a physician.
- No food or drinks allowed in the steam room. Shaving is not allowed in the steam room.
- Members are asked to take a soap shower before using the steam room.
- Members are advised not to use the steam room without the supervision of another person physically present in the immediate area.

Failure to follow these rules may result in serious injury or death
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