



WEIGHT TRAINING CODE OF CONDUCT

- 1. Consult your physician before beginning any strength training or cardio program.**
- 2. For our youth's safe development, you must be 15 years of age for the free weight and functional training rooms. (Age 13 -14 with a parent)**
- 3. For a safe and effective workout, ask our trainers to assist you in general principles of strength training and cardio exercises. For your safety, use the equipment for its intended purpose and wear clean closed toe shoes.**
- 4. To ensure a comfortable atmosphere for everyone, please use courteous language. No profanity. No disruptive behavior. Proper hygiene is required and minimum volume for all conversations is appreciated.**
- 5. Rehydrate with water. Refrain from eating and drinking all other beverages in workout areas.**
- 6. Refrain from cell phone use while working out. Cell phones may not be used for any unauthorized photos in any area of the YMCA.**
- 7. Raise and lower weights in a controlled motion to prevent dropping and slamming of the weights.**
- 8. Be responsible. Set free weights down carefully and return them to the racks.**
- 9. Be courteous and share the space. Limit time or let others work through.**
- 10. Collars on weight bars are mandatory at all times.**
- 11. Please use wet wipes to sanitize the equipment after each use.**
- 12. All trainers must be certified YMCA employees. If you are interested in hiring a trainer, please inquire at the reception desk.**