



WELLNESS CENTER ETIQUETTE

- **Consult your physician before beginning any strength training or cardio program.**
- **Members age 12 and 13 are required to participate in 3 training appointments.**
- **Members age 14 and up are encouraged to sign up for a minimum of one appointment.**
- **For a safe and effective workout, ask our trainers to assist you in general principles of strength training and cardio exercise. Warm-up on a cardio machine for 5 minutes to increase blood circulation to the muscles before strength training.**
- **Be respectful of members following the sequence of the circuit. Please do not cut in front of members that are going in order.**
- **Be courteous and share the space. Limit time on each machine or let others work through their circuit.**
- **For your safety, use the equipment for its intended purpose.**
- **Wear clean closed toe shoes.**
- **Please use wet wipes to sanitize the equipment after each use.**
- **Refrain from cell phone use while working out. Cell phones may not be used for any unauthorized photos in any area of the YMCA.**
- **Rehydrate with water. Refrain from eating and drinking all other beverages in the workout areas.**
- **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.**