



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELLNESS CENTER GUIDELINES



Out of courtesy to other people in the building, please do not take photos that capture anyone without their consent. Please leave your cell phone conversations outside of the Wellness Center.



Out of courtesy to others using the Wellness Center, please wear family appropriate clothing including a top and bottom that provide coverage. Clothing with offensive images or language will not be tolerated.



For safety, closed-toed, clean, athletic shoes must be worn at all times.



Safe lifting practices will be determined by Wellness Coaches and Staff.

Please re-rack your free weights and put away any equipment after using. Only YMCA certified personal trainers may train others in this facility.



The Wellness Center is a spill-free zone. Please use water bottles made of non-breakable material. Keep food and beverages other than water in designated areas only.



Health matters. When you wipe off the equipment after you are done, using the disinfectant wipes that we make available, you not only leave it clean for the next person, but you help us stop the spread of germs.



Out of courtesy to others using the facility, please avoid lingering on equipment. Allow others to “work in” or take turns when using equipment.