

Exercising Courtesy

While you're improving your life, help others grow strong too. We ask you to follow the Y Code of Conduct and exhibit the values of caring, honesty, inclusiveness, respect, responsibility while you're here.

1. Get Oriented. Not sure how to use the equipment or what you should be doing? Orientations are free for all members!
2. Just Ask. We're here to help!
3. If there's a problem with any of the equipment or the facility, please let a staff person know.
4. If there is an incident or accident, contact uniformed staff person immediately.
5. Be safe. Wear appropriate clothing and footwear. (Open-toed shoes, over restrictive or street clothes are not allowed.) Have a spotter help you with free weights. Warm up before and cool down after exercise. Make sure you've had enough to eat and drink before exercising to prevent dizziness or light-headedness. If you are experiencing dizziness, pain or discomfort at any time, stop the exercise and ask staff for help.
6. Help us keep the Y clean. Wipe off equipment after each use. Return all equipment when you finished with it. Take your personal items with you. Remove the plates from lifting bars when you're done. Don't bring food, open containers or coffee cups into the center.
7. Give others a turn. The equipment is here for everyone to use. Please respect the 30-minute time limit on cardio equipment if others are waiting, and follow any posted sign-up procedures.
8. Storing your stuff. Lockers in the center are only meant for your personal items while you are in the Y. Items may not be left overnight.
9. Youth are welcome after completing orientation and submitting a signed parental consent form. (Ages 10- 12.)
10. Get personal. Personal trainers are available. Ask a staff person for more information.
11. Hang it up. For your safety and in consideration for others, please refrain from cell phone use while in the fitness facilities.