

# WELLNESS FLOOR

## USAGE GUIDELINES

- › Speak with a Wellness Team Member prior to using any piece of equipment or joining an exercise class.
- › Members and guests younger than 18 years must receive an equipment and wellness floor orientation with YMCA staff prior to use.
- › Proper exercise attire is required. Jeans, open-toed or backless shoes, flip flops, sandals and belts are not allowed.
- › Monitor your workout and stay within safe limits of exercise for your condition.
- › If a piece of equipment is not working properly, notify a Wellness Team Member immediately.
- › Clean equipment before and after each use with the provided disinfectant.
- › Check treadmill belt to ensure it is not moving prior to use.  
Turn treadmill off after use.
- › Limit cardiovascular time to 30 minutes when others are waiting.
- › Free weights are not allowed on the cardiovascular equipment, selectorized machine weight stacks or BOSU balls.
- › Clips must be used on all bars.
- › Use a spotter for heavy lifting.
- › Return all weights to their appropriate places after use.
- › Allow others who are waiting to work out between your sets.
- › All Personal Training and Small Group Personal Training must be conducted by YMCA Staff.
- › Cameras and unauthorized photography are not allowed.
- › Observe cell phone-free zones.
- › Profanity, abusive, and offensive language are not allowed.
- › Follow established procedures for use of equipment. Ask for help when needed.

**THE EQUIPMENT ON THE WELLNESS FLOOR CAN CAUSE INJURY IF IMPROPERLY USED.**