



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SAFE GYMS HAVE RULES

1. The Fitness Center is for use by members ages 13 years of age and older.
2. Under age children are not permitted to sit inside the fitness center to wait for family members.
3. Proper attire must be worn at all times while using the fitness center including sneakers. Undergarments worn as clothing are prohibited. Shirts are to be worn at all times.
4. Coats and gym bags should not be left in the fitness room. Please store items in lockers in the locker room.
5. Please wipe down equipment after use.
6. Please use collars on the weights and spotters and put weights and other equipment away after using them.
7. Cell phones and cameras are prohibited in locker rooms, rest rooms, fitness areas (cell phones are only permitted in designated areas).
8. The YMCA is not responsible for lost or stolen items.
9. The YMCA fitness staff reserves the right to expel any individual who is not age appropriate, behaves in a disrespectful manner to staff and other members, refuses to pick up after themselves, uses inappropriate language, and/or fails to comply with proper attire policy.