

WELLNESS CENTER RULES

Peak Hours Info

The New Year is a time when many people come to places like the YMCA to get their year off to a healthy start. To manage the number of people we expect, the following rules will be in place during peak hours:

1. All cardio machines have a 30-minute limit.

Wellness Coaches will monitor usage and may ask you to end your session at the 30 minute mark to ensure that all members get an opportunity to complete their cardio exercise.

2. Children ages 13 & younger are not permitted in the Wellness Center during peak hours.

Members ages 14 & older may use the facility, but all members ages 13 & younger must wait until peak hours are over to enter the Wellness Center. This rule is in effect even for Fit Family members and youth who are with an adult to supervise them.

3. All personal belongings must be kept in a locker.

If your belongings (including bags, coats, hats, sweatshirts, etc.) are left on the Wellness Center ground or machinery, a Wellness Coach will ask you to move them to a locker. If you need instruction on how to use our lockers, please ask any Member Services Staff or Wellness Coach for assistance.