

# WELLNESS CENTER RULES

## Code of Conduct

1. Members may not talk on their cell phones on the Wellness Center floor.
2. Bags or coats are not allowed on the Wellness Center floor, on or in-between equipment, or on ledges. All belongings must be placed in kit lockers or locker rooms.
3. Open toed shoes, sandals, clogs, dress shoes, bare feet, jeans, cargo shorts, sports bras worn as outerwear are not permitted. Athletic attire is strongly preferred.
4. All machines must be wiped down with GymWipes after use. Please do not wipe the touch screens. Our staff use micro-fiber cloths for all screens.
5. All weights must be re-racked after use.
6. When all machines of a given type are in use and members are waiting for equipment, a 30-minute time limit will be enforced. We greatly appreciate your cooperation.
7. Fitness training of individuals or groups is not permitted unless conducted by a YMCA Personal Trainer.