

## **Jefferson City Area YMCA Fitness Center Rules & Regulations**

### **General rules**

1. Behavior deemed unsafe or inappropriate by Fitness Center Staff will result in an immediate escort out of the Fitness Center.
2. Food is not permitted in the fitness center.
3. No loitering, group conversations, or phone conversations within the fitness center. (Please take it to the lobby).
4. No profanity or vulgar remarks.
5. Rack your weights and return all equipment to its proper location.
6. Conservative and functional dress wear must be worn, this including appropriate footwear (No opened toed shoes, dress shoes, socked or bare feet, etc.).
7. Do not monopolize equipment and wipe of sweat from equipment when finished. Limit cardiovascular equipment workouts to 30 minutes during peak times.
8. Members must be 13 years of age or older to use the fitness center unless they are a Kid in Weight/Training Graduate.
9. Lock valuables in lock boxes or locker rooms with personal lock. The YMCA is not responsible for the lost, stolen, or broken items.
10. No playing music or other media out loud.

### **Free Weight Area Rules**

1. Banging or dropping of weights is not permitted.
2. Weights and bars should not be placed against walls, mirrors, or frames.
3. Dumbbells and plate weights should not be placed on vinyl weight benches.

Fitness center attendants and personal trainers have the right to correct potentially dangerous exercise.

Before beginning any exercise program, the YMCA recommends that you receive physician approval. A free equipment orientation is available for all members. Please stop by the fitness center desk or call 761-3225 to schedule your appointment.