

# SAFE & WELCOMING FOR ALL

## Fitness Center Policy

**The YMCA of the East Valley is dedicated to providing a safe, supportive and positive environment for all.**

**All members must adhere to the Fitness Center Policy as listed below.**

### **Fitness Center Age Requirements**

- Ages 8 - 11 may access the running track with adult supervision.
- Ages 12-14 may access the running track, exercise equipment and kid-friendly exercise classes with adult supervision. (Excludes Pilates Reformer.)
- Ages 15 and up may access the running track, exercise equipment and group exercise classes.

### **Fitness Center Rules**

- Appropriate workout attire and gym shoes must be worn at all times. (No jeans or open toe shoes.)
- Utilize sanitation stations provided to clean machines after each use.
- Food and drink are not allowed in Fitness Center. (Water is allowed.)
- Return all weight plates, dumbbells and bars to racks after use.
- Avoid monopolizing equipment. Allow other to workout with you on the equipment and "spot" another member when needed.
- Avoid resting on the machine or using your cell phone while on the equipment as this prevents other members from using the equipment.
- Be safe use a spotter
- Please ask a Fitness Trainer to assist you!

### **Equipment Orientation**

- FREE Equipment Orientation is available for full facility members to learn more about Fitness Equipment.
- Please schedule your Equipment Orientation with the front desk.
- Fitness Trainers are available in the Fitness Center to help you select the right equipment for you.

### **Personal Trainers**

- The YMCA offers Personal Training sessions for full facility members looking for one-on-one training.
- Personal Training sessions may be scheduled at the front desk.
- All Personal Training session run on an hourly rate and may be purchased in bulk.
- For pricing and Personal Trainer bios, please visit: [www.ymcaeastvalley.org/personal-training](http://www.ymcaeastvalley.org/personal-training)

**We ask that you refrain from cell phone usage while in the YMCA Fitness Center.**

