

# **FITNESS CENTER ETIQUETTE**

- **Please use the fitness at your own risk. No supervision is provided.**
- **Consult trained staff if you are unsure of how to use the equipment.**
- **Please report any equipment problems to the Fitness Office staff located outside of Studio D.**
- **Please be considerate of others and limit usage of cardio equipment to 30 minutes while others are waiting.**
- **Athletic attire and closed toes shoes are required.**
- **Please wipe off equipment and mats after use.**
- **Please use lockers or locker room; the NSYMCA is not responsible for lost or stolen items.**
- **No talking on cellphones in the fitness center. Please take all phone calls in the main lobby.**

# **YOUTH/FITNESS CENTER POLICY**

- **No youth under the age of 10 can be in the fitness center at any time .**
- **Although an orientation is not mandatory, it is highly recommended for all ages 10-13 years old.**