



MEMBER POLICIES

WELLNESS CENTER RULES

- Use of facilities and equipment is at your own risk.
- Appropriate fitness clothing must be worn at all times. Athletic, closed toe shoes only.
- Members must be 15 years of age to use the Wellness Center. Youth between ages 12–15 must be under the direct supervision of a personal trainer/responsible adult, or have completed the Teen Wellness Certification Program. See the wellness desk for information.
- No cell phone conversations permitted.
- No food, glass containers, or tobacco of any kind allowed. Horseplay will not be tolerated.
- Please respect fellow members and use headphones when listening to personal audio.
- Store all personal belongings in a locker or wellness center cubby. The YMCA of Greenwich is not responsible for the loss or theft of personal property.
- Instruction or training by anyone other than YMCA staff is strictly prohibited.
- Please wipe down all equipment after every use.
- During peak hours, please limit time on cardiovascular equipment to 30 minutes. Equipment may not be reserved. It must be shared. Do not sit on machines when in between sets.
- Use safety clips on weight bars at all times. Ask a YMCA staff member for assistance when performing lifts.
- Please return all equipment back to its proper place after use. Use all fitness center equipment for its intended purpose only.
- When addressing fellow members, guests, and staff, please uphold the YMCA's four core values: CARING, HONESTY, RESPECT, AND RESPONSIBILITY.
- Ask for help when needed and ENJOY your workout!