



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELLNESS CENTER RULES TO EXERCISE BY:

1. Please consult a physician before beginning an exercise program.
2. Please inform a Wellness Coach immediately if you feel you have a medical emergency.
3. Proper and appropriate workout attire is recommended. Shoes and shirts must be worn at all times. shirts must cover the entire torso. No sandals or open toe shoes are allowed.
4. Be courteous and return and re-rack all weights after use.
5. Disinfectant solution is available to wipe down machines after each use. please avoid spraying cardiovascular equipment directly.
6. Adhering to a 30 minute limit on cardiovascular equipment when others are waiting allows everyone a chance to exercise on the equipment.
7. While resting in between sets, please allow others to “work-in.”
8. No profanity, abusive language, grunting, screaming, or other inappropriate behavior is permitted as actions may be interpreted as offensive.
9. In order to preserve our equipment, please do not drop or bang weight plates.
10. While the Wellness Center is primarily an adult member privilege, youth ages 10-15 can gain access to the Wellness Center after completion of Youth Fit 101 and orientation.



**ENJOY YOUR
WORKOUT!**