



GROUND RULES & GUIDELINES

YMCA of the Northwoods Wellness Center

The YMCA of the Northwoods makes no assessment of your health status in participating in any type of YMCA program or activity. Consult with your physician prior to beginning any type of exercise program.

To ensure a comfortable atmosphere for everyone, please be courteous and respectful of others.



Share the equipment



Please allow others to "work in" and take turns.

Full Coverage Shirts Must Be Worn At All Times. Shorts Must Cover Buttocks.



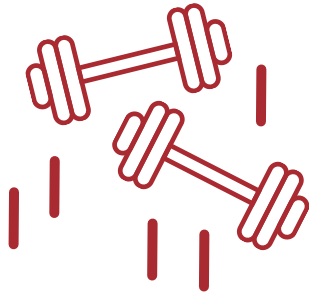
No crop tops or extended side cut offs.

Street shoes are not allowed in the Wellness Center.

Please bring clean shoes to workout in.



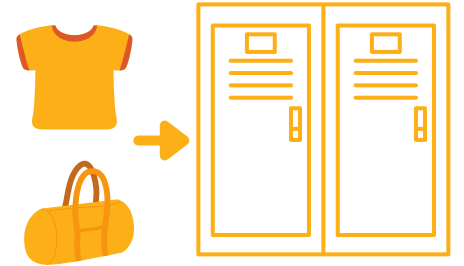
Do Not Drop weights on the floor. Please be respectful of the equipment.



Talking on cell phones is prohibited. If you need to make or take a call, please step outside the Wellness Center.



Please keep clutter down and place all bags, extra items, clothes, etc. in a locker.



Please report any malfunctioning equipment to a YMCA staff member immediately.

Derogatory and obscene language is not allowed.

FREE Wellness Center Orientations Available! Schedule at the Welcome Center.

No food or beverages (except water).

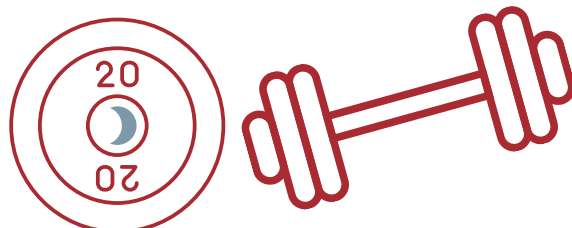


Only YMCA Personal Trainers are allowed to train with clients on YMCA property.



RETURN

equipment and rack the weights when finished.



Please wipe down ALL equipment after use.



NO Picture Taking or Video Recording is allowed in the Wellness Center or locker rooms.

Age Requirements

- 8 and under: May use walking track only with adult next to them
- 9-11: May use track, cardio, & weight machines with an adult next to them at all times
- 12-14: May use track, cardio, & weight machines independently after Youth Certification
- 15-17: May use all areas after Youth Certification