



# Wellness Center Policies

1. Consult a physician before starting a new workout regimen.
2. Children aged 10 and under are not permitted in the fitness room at any time. This includes strollers, baby carriers and children sitting inside the fitness room area while a parent/guardian is exercising.
3. Teens between the ages of 11-12 may use the fitness room equipment when accompanied by a paying adult who is responsible for direct supervision. Children 11-12 may use cardio equipment and some of the strength equipment. Fitness orientation is required with child and adult. Please note that some of this equipment is not suitable for children. An adult is defined as someone 18 years or older, and direct supervision is defined as being immediately adjacent to the machine that the child is using. The adult may be using an adjacent machine or standing next to the machine that the child is on.
4. Children 13-15 may use only circuit strength and cardio equipment after they have done a fitness orientation. Fitness orientations with a wellness coach is required.
5. Rubber soled shoes that cover the entire foot must be worn at all times. For health and safety reasons, sandals, spiked shoes, work boots and flip flop types of shoes are not permitted.
6. Shirts must be worn at all times. Bathing suits and jeans are not permitted in the fitness room. Members must wear appropriate exercise attire.
7. Food is not permitted in the fitness room. Closed, plastic beverage containers are allowed. **ONLY CLEAR LIQUIDS ARE ALLOWED IN CARDIO SECTION!**
8. Please be considerate of other members; **wipe down equipment after each use, return the weight plates and dumbbells to the racks provided.**
9. Circuit training has priority. Please allow others to "work in" (share) the circuit equipment in between sets.
10. Cardiovascular equipment use is limited to 30 minutes during peak times of operation during the hours of 6am-10am; 4pm-8pm Monday through Friday; 8am-12pm Saturdays and 10-12pm on Sundays.
11. Using a spotter when lifting weights is recommended. Please ask a Wellness Coach for assistance. **DO NOT DROP WEIGHTS UNLESS IT IS FOR PERSONAL SAFETY!**
12. The YMCA of Martha's Vineyard is not responsible for personal belongings lost or stolen in the facility. **NO BAGS OR COATS ARE ALLOWED IN THE FITNESS CENTER!**
13. Please report any equipment/safety problems to the fitness staff.
14. The Fitness Center Temperature is set at 68 degrees. Please dress accordingly.
15. Cell phone use is only allowed in the lobby. Any cell phone usage on the fitness floor or in free weight area is strictly prohibited. Please be courteous to other members.
16. The exercise studio is for the use of group exercise classes, specialty classes and training sessions with a Wellness Coach.
17. Please remember to respect other members and staff. The use of profanity, threats, or intimidation will result in the immediate cancellation of membership.

**We thank you for your patronage, support, and for adhering to our wellness center policies.**