

Norwich Family YMCA



Fitness Center Policies

1. No food is permitted in the Fitness Center. Beverages are permitted in plastic containers only.
2. Shirts are required. No blue jeans or belts are allowed while working out.
3. No sandals or street shoes are permitted in the Fitness Center.
4. Gym bags are not permitted in the Fitness Center.
5. A Health Screen Questionnaire and physician's clearance must be completed prior to exercising.
6. All members ages 15 and up are required to complete two trials prior to utilization of fitness equipment. Please sign up for your free trials with the Fitness Center staff.
7. Students ages 12-14 years may utilize the Fitness Center on Mondays, Wednesdays and Fridays between the hours of 3-5 p.m. or during designated times during holidays and school vacations. Students 12-14 years of age may work out with their parents at any time. Students are required to complete three trials prior to exercising. No one under 12 years of age is permitted in the Fitness Center.
8. Membership privileges may be revoked for inappropriate behavior or language, or for abuse of equipment.
9. Cardiovascular machine use may be limited to 20 minutes during high volume times or as designated by staff.
10. Please allow waiting members to work in between sets.
11. Please wipe off equipment after use; towels and disinfectant spray are provided.
12. Please re-rack your weights in the correct location after use.
13. Please do not slam plates on Cybex machines or free weights onto the floor. You must control the weight at all times.
14. Free weight users should always have spotters. Staff are available.
15. Please use the fitness equipment for labeled exercises only. Fitness staff reserve the right to interrupt your workout if you endanger yourself or could damage the fitness equipment.
16. Foul language or inappropriate clothing will result in loss of facility use.
17. Radio stations are preselected and the volume is kept at a level that is not offensive for the majority of members.
18. Anyone experiencing chest pain or shortness of breath should see a Fitness Center staff member immediately.
19. Fitness staff are here to help. Please ask them questions you may have about equipment use.

