

FITNESS CENTER- Rules and Regulations

- Use of the Fitness Center is limited to Community Campus members and their guests.
- Guests may use the Fitness Center when accompanied by a member 18 years of age or older.
- Everyone is expected to demonstrate the YMCA Core Values of CARING, HONESTY, RESPECT and RESPONSIBILITY when using the Fitness Center.
- The Fitness Center is open to members 14 years of age and older. Members who are 13 years old may use the Fitness Center only with adult supervision.
- Teens between the ages of 14 – 17 who hold a Basic Teen membership can use the Fitness Center until 6:30 pm Monday, Tuesday and Thursday, 9:00pm on Wednesday and Friday. There are no restrictions on the weekend.
- Teens under a Family membership have no Fitness Center restrictions.
- Members are required to complete a Health History and meet with Fitness Center staff for a fitness consultation and equipment orientation prior to using the Fitness Center. A doctor's consent may be required before using the Fitness Center.
- Proper exercise attire must be worn at all times. This includes:
 - Athletic shoes, no work boots or sandals
 - Cotton or light weight shirts at all times
 - No denim shorts or jeans
 - Keys, belts and other items that may damage the equipment must be removed before using the equipment.
- The YMCA is a place that we all share and can place members in close quarters with each other. Body odor, strong perfumes and colognes are prohibited because they may be offensive and cause allergic reaction to those in close proximity.
- Members must scan their membership card upon entering the Fitness Center and visibly display their card while in the Fitness Center. If you forget your card you are required to inform the Fitness Desk upon entry to the Fitness Center.
- Towel service – to receive a towel submit your membership card to the Fitness Desk. When you return the towel, you will receive your card back. If you do not return the towel, or you forget to bring your card, you will be charged a \$1 fee.
- Gym bags, jackets and other personal items must be secured in lockers or placed in designated area. Items may not be placed on the floor, shelves, equipment or other areas in the Fitness Center. The Community Campus is not responsible for lost or stolen items.
- During peak times there is a limit of one set per strength station and a maximum of 30 minutes on the cardiovascular equipment. Use the designated sign up area when waiting for cardiovascular equipment. Fitness Center staff will facilitate the sign up area and use of equipment.
- The fans, music and televisions are provided to enhance the exercise experience of all members. All settings and programming are the responsibility of the Fitness Center staff.
- Cell phone use is prohibited in the Fitness Center; it is distracting to others and presents a safety issue.
- Chewing gum is not permitted.
- Wipe down all equipment after each use.
- Return weights to their proper racks after use.
- Proper exercise guidelines and equipment operation must be followed. Consult the Fitness Center staff if you have any questions. We reserve the right to inform you of any unsafe fitness practices we observe.
- All injuries, disputes, questions or concerns should be brought to the attention of Fitness Center staff. Please do not confront another member.
- The Community Campus reserves the right to discontinue an individual's use of the Fitness Center or membership if they do not follow the rules of the Fitness Center.
- Allowing someone else to use your membership card will result in loss of membership.

Fitness Center hours of operation are:

Any Adult Membership and Teens under a Family Membership

Mon-Fri 5:45am – 9:45pm

Sat 7:00am – 5:45pm

Sun 9:00am – 5:45pm

Teens with a Basic Teen Membership

Mon, Tue, Thu 6:00 am-6:30pm

Wed and Fri 6:00am – 9:00pm

Sat and Sun all day