



WELLNESS/LIFESTYLE CENTER POLICIES

No food or drink is allowed in the exercise areas. Covered and contained water bottles only.

Proper workout attire and clean shoes are required. No open-toed shoes. No sandals, flip flops, or bare feet.

Please store extra belongings in a locker. Lock up gym bags, coats, and other personal items. Lockers prevent loss and create a clean area.

Please be courteous and respectful of others. Inappropriate language or behavior will not be tolerated. Allow others to perform a set and work through it while you are at rest. No sitting on machines for lengthy times.

Please do not slam weights. Dropping of heavy weights is permitted in designated areas only.

The use of chalk or liquid chalk is prohibited.

Please keep our Lifestyle Center clean. Wipe down equipment with provided disinfectant wipes after use.

Please visit www.DoorCountyYMCA.org for a complete listing of Y policies.

Children 9 & under in age are not permitted in the Lifestyle Center.

Children 10 & 11 years old are permitted to use the cardio equipment with completion of a family orientation. Adults must be within arms reach when using the cardio equipment.

Children 12-14 are permitted to use the selectorized and cardio equipment with completion of an orientation.



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