



# WELLNESS CENTER POLICIES

No unauthorized photography/videotaping

Limit cell phone conversations to lobby/hallways

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

Proper workout attire and athletic shoes are required. No open-toed shoes. No sandals, flip flops, or stocking/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.

No sitting on machines for lengthy times. Allow others to perform a set and work through it while you are at rest.

Please do not slam weights.

The use of chalk or liquid chalk is prohibited.

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

Report any equipment that is not working properly to Y Staff.

Please refer to our  
Age Policies poster as  
you enter the  
Wellness Center.



Please visit  
[www.DoorCountyYMCA.org](http://www.DoorCountyYMCA.org)  
for a complete listing of Y polices.

CARING • HONESTY • RESPECT • RESPONSIBILITY