



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wellness Center Guidelines and Etiquette

- The Stevens Point Area YMCA makes no assessment of your health status in participating in any type of YMCA program or activity. Please consult your physician prior to beginning any type of exercise program.
- The Wellness Center is open to members 13 & up, youth ages 13-15 must complete a Teen Wellness Orientation. Youth 10-12 must complete a Youth Wellness Center Orientation, and need to be accompanied by an adult from the same household in the center.
- Shirts, shorts, and closed-toe shoes are the required minimum.
- The use of chalk is prohibited.
- Food or open-top beverages are prohibited.
- Children under 10 years of age are not permitted in the Wellness Center.
- Abuse of equipment will not be tolerated.
- Members should treat other members and staff with respect and courtesy.
- Please use the sanitation wipes on the pillars to disinfect the equipment when you finish using each piece of equipment.
- Please adhere to the 30-minute time limit for all cardio equipment.
- Ask if someone is working at a particular station before removing weights or jumping into the circuit.
- When doing multiple sets, please allow other members to work in.
- Always re-rack weights, and put equipment away when finished.
- Street shoes are not allowed in the Wellness Center. During the winter months and bad weather conditions please bring a change of shoes so you are not tracking excess dirt, water, snow, etc.
- Outside equipment (kettlebells, TRX bands, etc.) are not allowed into the Wellness Center.
- Please place all bags, coats, extra shoes etc. in locker room (locked) or on hooks above benches in Wellness Center. The YMCA is not responsible for lost or stolen items.

**If you have any questions, please contact
Amy Fox, Health & Wellness Director at
afox@spymca.org or 715.952.9303**