

## Wellness Center Guidelines

### Huber Heights YMCA, State of the Art Health and Wellness Center Guidelines

- Youth ages 9 - 16 must complete an orientation before using the equipment.
  
- Youth ages 9 -12 must be accompanied by an adult at all times.
  
- Youth under the age of 16 may use those machines designated with a <sup>2</sup> in the cardio area.
  
- Youth ages 12-16 may use the free-weight area when accompanied by an adult.
  
- Youth under the age of 16 are not permitted to use this room after 8:00pm Monday – Friday or after 3:00pm on Saturday and Sunday.
  
- Towels are provided for your use in the Wellness Center only. Please do not remove towels from this room.
  
- Please refrain from using inappropriate language in the YMCA.
  
- Please keep workouts on cardio machines at 30 minutes max to accommodate others.
  
- Please re-rack weights and return all equipment.
  
- Please do not loiter on any machine.
  
- Please speak with any of our staff if you have any questions or concerns.