

Spencer Family YMCA Weight Room Rules

- Must be 14 years old to use the weight room. Youth 12 - 13 accompanied by an adult and after orientation.
- Please dress appropriately - shirt and closed foot coverings required at all times, midriffs must be covered.
- No children are allowed in the weight room. Children are not permitted to sit in the weight room to wait for family members.
- Please do not lean weights against the mirrors or walls.
- Please raise and lower weights in smooth, fluid, motions. Do not bang or drop weights on the floor.
- Always return weights to their proper storage area when finished.
- Wipe off machines and equipment with sanitizer when you are finished.
- Headphones are required for music.
- No food or drink other than water allowed.
- Equipment may not be removed from this room unless permission is granted by Y staff.
- Report any injuries/issues to a Y staff member.
- Personal training by Spencer YMCA staff only, outside trainers not permitted.
- No talking, taking photos or videos on cell phones. Please step out to take a call.
- For your safety, store personal items including gym bags, purses, extra clothing, ect. in the locker rooms.
- This is a shared space. Please be mindful of how long you are using equipment. Allow others to use weight machines during your rest period. Do not rest or lean on fitness equipment.
- The weight room is under video surveillance.
- YMCA staff reserve the right to expel any individual who is not age appropriate, behaves in a disrespectful manner towards staff and other members, refuses to pick up after themselves, uses inappropriate language and fails to comply with proper attire policy.