

Wellness Floor Etiquette

For your safety and the safety of all of our members and equipment, we ask that you read and follow these requirements while on the Wellness Floor.

- Return equipment where you found it – If you use it, put it back where it belongs.
- Share equipment. Let others use equipment between your sets.
- Do not drop heavy weights on carpet.
- No slamming weights.
- Use rubber weights for deadlifts.
- We highly recommend a spotter on heavy weight loads.
- Use collars on the ends of bars to avoid injuries to yourself and others.
- Please report any equipment failure to the YMCA staff.
- Put all plates on racks.
- Wear appropriate workout attire. Shirts, shorts/pants and athletic shoes are required.
- Talking on cell phones needs to be kept at a minimum.
- Use headphones.
- Be kind to all who are working out with you, including staff.
- Bounce medicine balls on north cement wall of Wellness Floor only.
- Use appropriate language and content in conversations. No Cursing.
- No pictures/videos of other patrons or staff.
- Exercise area is for high school students and older.
- Students 11-14 years old must take youth strength training to work out on machines, use weights and walk on track. Youth must wear their YST shirts after passing class.
- Liquids only down the drinking fountains, no seeds.
- Clean up your chalk after use.
- Boys/men – put seat down when you are finished in the bathroom 😊
- Make sure you clean off your machines with the wipes provided and clean up after yourself.
- Sprinting is allowed in wood-floor gyms during low use times only.
- No personal training by individuals not employed at the Wellness Center. Personal training can be defined by YMCA staff.
- The sale or solicitation of supplements is not allowed.

The Columbus Family YMCA reserves the right to prohibit anyone from entering our workout areas due to inappropriate workout apparel or for not following the above rules.