



## **YMCA of GREATER KALAMAZOO**

### **Health & Wellness Policies and Procedures**

#### **Cardio and Strength areas**

- Clean, dry shoes.
- Water only.
- Sanitize all equipment, using wipes provided.
- No cell phone conversations while on equipment.
- Return equipment after use
- No dropping or slamming weights

#### **Group Exercise**

- Registration is required for all group exercise classes, registration begins at 7am the day before class is scheduled.
  - Arrive early, (suggested 10 min) any spaces available 5 minutes prior to start time will be forfeited and given to those on the wait list.
  - If you are scheduled and unable to attend, remove yourself from the roster- this allows others to participate.
- Keep all conversations to a minimum during class- take cell phone conversations out of room.
- After class, sanitize all equipment and return it to the proper place.
- Share equipment as needed.
- Water only, spill proof bottles.
- Clean, dry shoes are required.

#### **Youth Policy**

Youth 11+ are allowed in fitness spaces and group exercise classes with an adult. Youth 11+ who have completed an equipment orientation are allowed to use space/equipment without an adult. Youth participants should have a black and white checkered wristbands to signify they have completed the youth orientation. See front desk to schedule equipment orientation.