



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## **WELLNESS CENTER GUIDELINES**

It is highly recommended that all members receive an equipment orientation. You may sign up for this orientation at the Membership Desk on the first floor.

Please store all belongings in the locker room, or use the blue lockers and coat hooks on the Wellness Floor. Please do not leave your belongings around the equipment

- **Cardio Sign-Up Procedure:**
  - A Sign-up board is posted on wall on wall next to the magazine rack. Please ask an attendant to show you where it is if you do not see it.
  - Please use the sign-up system each time you use the equipment, even if there are other pieces open.
  - Each piece of equipment (except the NuSteps) is numbered. Find the numbered slot on the sign-up sheet that corresponds to your desired equipment and place your initials next to the times you would like, in 15 minute increments. Remember, there is a 45 minute cap on equipment use, which includes the time it takes to set up before hand and clean up afterwards.
  - Please round up! For example, if you would like to use the equipment for 35 minutes, sign up for 45 minutes rather than 30.
  - Please do not sign up for a piece of equipment more than an hour in advance.
- **Age Limit/Youth Policies:**
  - Members and guests must be at least 12 to use the Wellness Center equipment. Children under the age of 12 must not be unattended in the Wellness Center at any time.
  - Members and guests 12-14 are required to receive an orientation before using the Wellness Center equipment. They may use free weights under direct adult supervision only.
  - Members and guests must be at least 14 to use the free weight equipment unattended.
- **Clothing:**
  - Proper workout attire is required. Appropriate footwear is required when using the equipment. No open-toed shoes may be worn in the strength training areas, and no hard-soled shoes may be worn on cardio equipment.
- **Cell Phones:**
  - Cell phones may be used in the First Floor lobby only.
- **Food and Drink:**
  - No food or open drinks are allowed in the Wellness Center.

## Cardio Sign-up Procedure:

1. Please use the sign up system every time you use the equipment, even if there are other pieces open.
2. Each piece of cardio equipment (except the NuStep) is numbered. Find your equipment on the sign up board and put your initials next to the times you would like, in 15 minute increments (see below).
3. There is a 45 minute time limit on all cardio equipment, *including setup and cleaning*.
4. Always round *up* to the nearest increment. For example, if you would like to use a piece of equipment for 35 minutes, sign up for 45 rather than 30 minutes.
5. We ask that you not sign up for more than one piece of equipment at a time, and that you not sign up more than an hour in advance.
6. If you need assistance our Wellness Floor staff will be happy to help.
7. The chart below shows the section of the sign up board for the 4 Stair Climber machines on the floor. Member "DM" has signed up for Machine #2 from 6:00am – 6:45am.

<h1 style="margin: 0;">Stair Climbers</h1>				
		5:30am to 5:45am		
		5:45am to 6:00am		
1	2		3	4
	DM	6:00am to 6:15am		
	DM	6:15am to 6:30am		
	DM	6:30am to 6:45am		

**Important:** If you are more than five minutes late for your machine, you forfeit your spot. Please do not leave your machine for more than five minutes, as this may give others the impression that you have finished your workout, and your machine is available.