

# FITNESS AREA POLICIES

## AEROBICS CLASSES

- All participants must sign in with the instructor before beginning class.
- All non-member participants must present their punch card at the Front Desk.
- Children ages 10-12 years must be accompanied by an adult.
- No children younger than 10 years old are allowed in adult aerobic classes.

## CARDIOVASCULAR, CIRCUIT, AND FREE WEIGHT AREAS

- Children under 10 are not allowed in the Fitness Area.
- Children ages 10-12 and 13-17 must schedule an appointment in advance at the Front Desk with a Fitness Advisor for orientation prior to working out in the Fitness Area.
- Children ages 10-12 who have completed their orientation with a Fitness Advisor, may work out on equipment as approved by the Fitness Advisor only when they are directly supervised by parents or guardians who are not engaged in any other activity.
- Children ages 13-17 who have completed their orientation with a Fitness Advisor, may work out on equipment unsupervised as approved by the Fitness Advisor.
- When people are waiting for cardiovascular machines, please limit workout time to 30 minutes. Use the sign-up sheets if you are waiting. If you are on a waiting list, please stay in the fitness area. No one will come find you.
- While people are waiting for the circuit equipment or free weights, please be courteous and allow other members to "work in". Participants doing a circuit program on the machines have priority over individuals using selected pieces of equipment.
- Appropriate dress is required:
  - T-shirts or tank tops which cover the midriff must be worn in the upstairs fitness areas
  - Sports bras should be covered by a T-shirt or tank top while in the fitness area
  - Appropriate shoes must be worn at all times, sandals or open-toe shoes not allowed
- It is strongly recommended to have a spotter in the free weight area.
- Do not drop weights.
- Please rack weight plates when you are done.
- Return all dumbbells, bars, and benches to their proper place when finished.
- If you use chalk, please keep area clean.
- Towels and cleaning solution are provided to remove perspiration from the equipment only. Please bring your own towels to remove perspiration from your body.
- Please do not change selected radio stations or adjust volume. Members and participants are welcomed to bring personal stereo headsets.

## TRACK

- Walkers should stay on the inside of the track closest to the railing. Runners should be on the outside of the track closest to the walls.
- Monday, Tuesday, Friday and Saturday traffic moves counter clockwise. Wednesday, Thursday, and Sunday traffic moves clockwise.
- No hard soles or black marking shoes allowed.
- Children ages 6-12 must be with a parent at all times when on the track. Children under the age of 6 should not be on the track. All infants must be in carriers. Strollers are not allowed.
- Do not drop anything into or receive anything from the gym.
- The track is not a spectator area. Please do not congregate or stop to have conversation with people in the gym below or on the track.

## GYM

- Shirts and shoes required at all times.
- Equipment may be checked in and out at the Front Desk. The person who signs equipment out is responsible for its return.
- Please refer to posted schedule for availability.



### FRANKLIN COUNTY FAMILY YMCA

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