



LIFESTYLE CENTER POLICIES

No unauthorized photography/videotaping

Limit cell phone conversations to lobby/hallways

For the respect of others individuals listening to music via personal devices must use headphones or earbuds. External speakers cannot be used to amplify personal music.

No food or drink is allowed in the exercise areas. Covered and contained water bottles only.

Proper workout attire and athletic shoes are required. No open-toe shoes. No sandals, flip flops, or stocking/bare feet.

Please store extra belongings in a locker. Lock up gym bags, coats, and other personal items. Lockers prevent loss and create a clean area.

Please be courteous and respectful of others. Inappropriate language or behavior will not be tolerated.

No sitting on machines for lengthy times. Allow others to perform a set and work through it while you are at rest.

Please do not slam weights.

The use of chalk or liquid chalk is prohibited.

Please keep our Wellness Center clean. Wipe down equipment with provided disinfectant wipes after use.

Report any equipment that is not working properly to Y Staff.

Please refer to our Age Policies poster as you enter the Wellness Center.



Please visit
www.DoorCountyYMCA.org
for a complete listing of Y polices.

CARING • HONESTY • RESPECT • RESPONSIBILITY