

The Wellness Center and the Free Weight Area of the YMCA have equipment designed to enhance the way you feel, function and look.

We have machines that will ignite your metabolism, sculpt and strengthen your muscles, improve the function of your heart and lungs, and help you develop suppleness and flexibility. Some will even entertain you along the way with their engaging programs!

Your safety and success are our main concerns, so we offer every member a FREE Wellness Coaching session with one of our specially-trained Wellness staff members. Have you had yours yet? It is never too late.

We will sit down with you privately to discuss your goals, challenges, and preferences. We will recommend programming that is just right for you. We will show you how to use the appropriate Wellness Center equipment safely and effectively. In short – we will set you up for success.

Have more questions later? No problem. We are always here for you. You may schedule as many free coaching sessions as you need.

Wellness Coaching sessions are very strongly recommended for everyone and are mandatory for youth and teens ages 9 to 17. Sign up at our main desk for your FREE appointment.

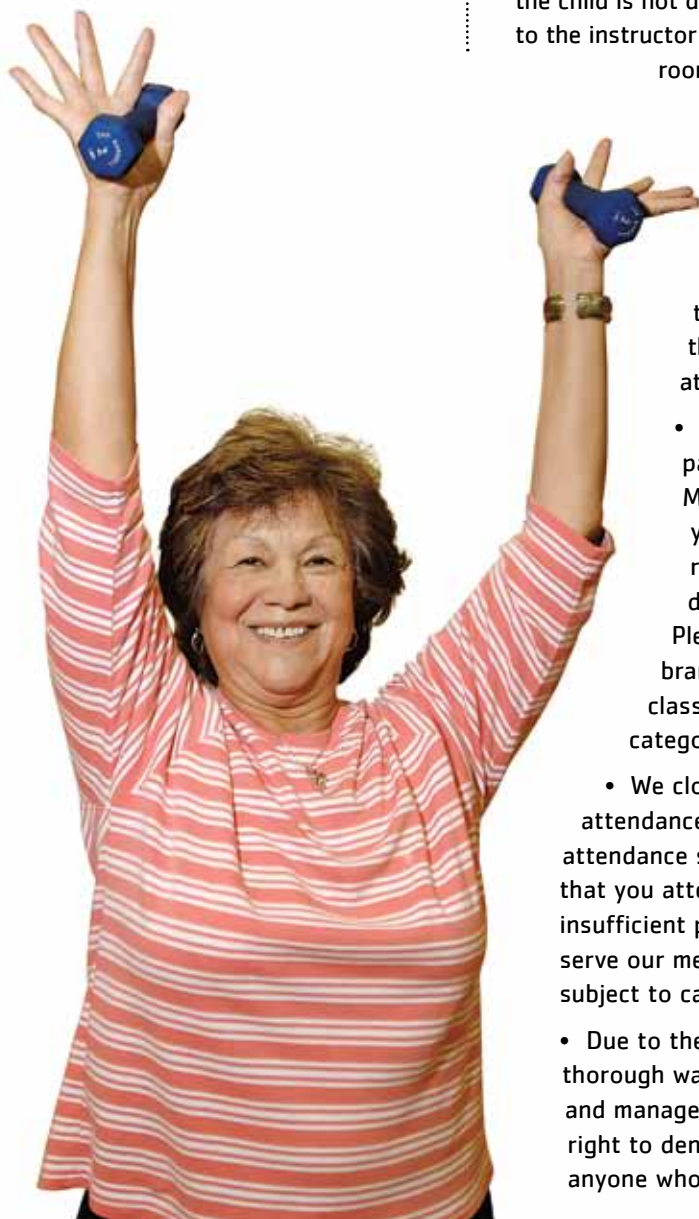
WELLNESS CENTER AND FREE WEIGHT AREAS

YMCA OF GREATER CLEVELAND WELLNESS CENTER POLICIES

- Members age 18 and over may use the Wellness Center and Free Weight areas. These areas close 15 minutes before the scheduled YMCA closing time.
- We strongly recommend that all members obtain a free Wellness Coaching session before using any equipment.
- Wipe down equipment, including mats, machines, and benches after use. Disinfectant is provided for your convenience.
- Be considerate. Limit your use of cardiovascular equipment to a maximum of 30 minutes when others are waiting.
- When using strength equipment, do not sit on the machine between sets. Be courteous and allow members to “work-in.”
- Please return weights, magazines, mats and other equipment to their designated spaces.
- Report any malfunctioning or broken equipment to a staff member immediately.
- No coats, bags or personal items should be in the Wellness Center or Free Weight areas. Personal items may not be placed on equipment or on the floor in the exercise studios and the Wellness Center. Lock all personal belongings in a locker or place them in a designated cubby. Leave valuables at home.
- Youth under the age of 9 are not allowed to be inside the Wellness Center or Free Weight Area or use the equipment at any time.
- Wellness Center policies governing youth ages 9–12:
 - For facilities with a designated youth/family room:
Upon completion of the Youth Wellness Coaching session and with a waiver signed by their parents and YMCA staff, youth may have access to the Youth/Family room when accompanied by a parent during designated times. Youth ages 9–12 may only use cardio machines and circuit strength machines under direct parent/guardian supervision. Use of free weight equipment is prohibited.
 - For facilities without a designated youth/family room:
Upon completion of the Youth Wellness Coaching session and with a waiver signed by their parents and YMCA staff, youth may have access to the Wellness Center when accompanied by a parent during designated times only. See your branch for the designated days and

YMCA WELLNESS CENTER POLICIES, CONTINUED

- times. Youth ages 9-12 may only use cardio machines and circuit strength machines in the Wellness Center under direct parent/guardian supervision. Use of free weight equipment is prohibited.
- Teens age 13-17 do not need direct parental supervision in the Wellness Center if they have completed a Teen Wellness Coaching session and submitted a waiver signed by themselves and a parent/guardian. Please see your wellness staff for the policies governing teens in the Free Weight area.



- Classes that are free are an exclusive benefit for our full-facility members. Program members and others may not participate.
- Everyone age 13 and over is invited to join in the fun in our adult classes.
- Classes designated as "Tween Option" are regular adult-level (not child's) classes; they are not lessened in any way, so adult participants get an effective workout. What makes "Tween Option" classes special is that children ages 10 and up may participate at that time IF (1) the parent exercises along side the child, (2) the child can exercise safely in the class, and (3) the child is not disruptive in any way to the instructor or the adults in the room. For the safety of the child and the effectiveness of the class, the instructor has final authority to determine if the child is ready for the class environment at this time.
- Some classes have participation limits. Many of them offer you the option to reserve a spot one day in advance. Please check with your branch to see which classes fall into this category.
- We closely monitor class attendance; please sign the attendance sheet in EVERY class that you attend. Classes with insufficient participation do not serve our members, and so are subject to cancellation.
- Due to the importance of a thorough warm-up, instructors and management reserve the right to deny participation to anyone who is tardy to class.

FREE WEIGHT AREA POLICIES:

- Use of a qualified spotter is strongly recommended.
 - Chalk is not permitted.
 - Please re-rack your weights. It will improve your forearm and grip strength and impress the people around you!
- Cell phones must be silenced in all exercise studios and workout areas. Participants who choose to speak on the phone or send/receive text messages may do so only in lobby areas.
 - Bring a water bottle and sweat towel to class. Water is the only beverage permitted in our exercise areas. You are welcome to snack on food in our lobby.
 - We respect your privacy; photography is prohibited without express permission.
 - In order to reflect the needs and desires of our members, class schedules are subject to change. Please check regularly for updates to our schedule.
 - Due to allergies and sensitivities, body scent of all types (personal fragrance, body odor, etc.) must be kept at a minimum.
 - Personal Training packages expire 3 months after purchase date and are not transferable.
 - Credits or refunds for personal training or specialty classes or programs are only given with a physician's note documenting inability to exercise.
 - Personal Training is a benefit exclusively reserved for our full-facility members.
 - There are no age restrictions on personal training. Our individualized attention helps people of all ages to meet their goals.