



FITNESS CENTER GUIDELINES

- **Please leave handbags and backpacks in the locker room**
- **No food is permitted in the Fitness Center**
- **Proper gym attire is required at all times**
- **No children under the age of 13 are permitted to use the fitness equipment**
- **Please do not talk on your cell phone while in the Fitness Center**
- **Use disinfecting gym wipes to clean equipment after use**
- **Please return weights and dumbbells to their racks**
- **Only 14Y staff may conduct training sessions**
- **Please do only one set at a time and let others work in**
- **Please cooperate with 14Y staff at all times**

**Anyone not following our safety protocols and procedures
will be asked to leave the fitness area.**

**Thank you for helping us keep the fitness center
safe and comfortable for all members!**

