



FITNESS CENTER GUIDELINES

- Please leave handbags and backpacks in the locker room
- No food is permitted
- Appropriate gym attire, including closed-toe shoes (no sandals or flip-flops), is mandatory at all times
- No children under age 13 are permitted to use the fitness equipment
- Please do not talk on your cell phone while in the Fitness Center
- Clean equipment after use with disinfecting wipes. Use sparingly (1-2 wipes per machine), dispose after use, and do not leave wipes on or by machines
- Please return weights and dumbbells to their racks
- Only 14Y staff may conduct training sessions
- If the gym is crowded, please share equipment and let others work in
- Always cooperate with 14Y staff

Anyone not following these guidelines will be asked to leave the fitness area.

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

