



Marshall Area Fitness Center Policies

1. In order to serve our members/guests better, we require that you sign in upon entering the Fitness Center.
2. To promote safety and enjoyment, YMCA staff will provide each member a required orientation of the Fitness Center within 30 days joining.
3. The YMCA is committed to the safety of its members/guests. For that reason a “Par-Q” questionnaire must be filled out prior to using the Fitness Center.
4. Members/guests are responsible for bringing their membership card and a sweat towel during each visit.
5. Help keep yourself safe during workouts by wearing appropriate attire. Please do not wear clothing that is unsafe or unsanitary (i.e., bathing suits, sandals, jeans, etc.).
6. To provide a sanitary environment, the fitness staff will provide disinfectant and a towel for members/guests to wipe down the machines after use.
7. Please show respect and courtesy to other members/guests by limiting the cardiovascular equipment use to 30-minute sessions when others are waiting.
8. Be respectful to other members/guests by allowing them to use the same machine if you are between sets, and by not cutting in front of someone who is circuit training.
9. For safety and health reasons, the minimum age allowed in the Fitness Center is 15; 13-14 year olds who have completed Active Teens; and 9 – 12 with a parent when both parent and child have completed Family Fitness.
10. Help keep the Fitness Center safe and secure by leaving gym bags and personal belongings in the locker room or coatroom.
11. The YMCA provides personal trainers to help develop member’s physical fitness, therefore, no outside personal trainers will be allowed to assist members or guests using the YMCA facility.

The Marshall Area YMCA instills the values of caring, honesty, respect and responsibility through programs and services that build healthy spirit, mind and body for all.