



Old Bridge YMCA FITNESS CENTER RULES

1. No food or drinks are allowed in the fitness center except for water bottles.
2. During PEAK times, all members must observe the **30 Minute Time Limit** on cardiovascular machines.
If another member is not waiting for that piece of equipment, you may stay on longer!
2. Proper exercise attire is required. No street clothes, dress shoes, cut offs, flip flops, etc.
4. All outerwear, including coats and bags must be stored **outside** the fitness center and in lockers.
5. Members must return weights, cable accessories, and any other equipment after each use.
6. Fitness Staff will enforce all fitness center rules and policies.
7. Each member is responsible for wiping down their machine after each use.
8. Please do not sit on the machines to rest and watch TV. Move to a different area to rest so other members can use that piece of equipment.
9. For security reasons, please use only the main lobby door to enter and exit the fitness center, unless there is an emergency.
10. **Children under the age of 14 are prohibited** from using the fitness center.
11. Be courteous to other members and limit cell phone use to the front lobby.
12. Refrain from using offensive language.

THANK YOU AND HAVE A GOOD WORKOUT!