



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fitness Center Policies

- A Facility Membership is required to use the Fitness Center.
- Proper workout clothing and sneakers are required.
- Children under 13 years of age are not allowed to use the Fitness Center unless they are enrolled in a class or personal training session.
- Free weights and equipment must be returned to their proper place and users must wipe down machines after use.
- Any personal items should be stored in lockers in the locker rooms. Storage is at your own risk.
- New members are **required** to schedule one of their three (3) free fitness orientations with a Fitness staff members before using equipment. Contact the Welcome Center at x201 for details.

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www.southbrunswickymca.org

The South Brunswick Family YMCA is a nonprofit, values based, community-centered membership organization dedicated to enriching the spirit, mind and body through quality programming and services.