



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE POLICIES

Individuals across all experience levels and abilities are welcome to participate in YMCA group exercise classes.

Please support a respectful environment and honor the YMCA's code of conduct at all times.

Please report all accidents and emergencies to the nearest YMCA staff.

Please drink water to stay safely hydrated. Food and beverages (besides water) are not permitted in the studio.

Please silence your cell phone. If you must make or receive a phone call, kindly exit the studio first.

Camera usage (or using imaging devices of any kind) is prohibited.

To allow time to properly stretch and warm-up safely, please arrive to class on time.

If you must leave class early, please position yourself by the door to minimize disruption to fellow members.

Children that are 12-years old or younger are limited to participating in Group Exercise classes that are specifically designated for youth or families (parent/guardian must accompany). Youth ages 13-17 years old are permitted to participate in all adult group exercise class formats.

Please handle all equipment with care (do not slam, bang, drop or throw equipment) and keep it in the appropriate area for the next member to use. Please do not bring equipment into the studio or remove equipment from the studio. All small apparatus and specialty equipment in the studio is available for member use outside of class hours, but it must remain in the studio at all times. Please see the branch wellness team for more information and support on the safe use of this equipment.

For the safety of all members, the studios may be locked when classes are not being held. To use the studio outside of a regularly scheduled class time, please speak with a member of the wellness team.

Class participation limits for the various group exercise class formats may be posted on signs in each group exercise studio. Thank you for abiding by the class participation limits to support a safe and comfortable group exercise environment.