STAY FIT
STAY SAFE
FITNESS AREA GUIDELINES

TRAIN. Personal Trainers & Private Coaches must be YMCA of Austin staff.

FIT. Fitness area is open to members 16 years of age & above. Younger members are permitted under special circumstances. See Y Fitness Director for specific youth exceptions.

CLEAN. Wipe down machines after using. Clean machines help keep us healthy.

SAFE. Secure bags, keys & backpacks in lockers.

HUSH. Use cell phones in lounge, hallway or outside only.

SHARE. Limit time on cardio machines to 30 minutes during peak hours.

HYDRATE. Drink only water when in fitness rooms.

COMFORT. Appropriate workout attire must be worn at all times:
- Shirts worn properly
- Closed-toe athletic shoes
- No bare feet, sandals or flip-flops
- No jeans or cutoffs