LET’S ALL GET ALONG

WORKOUT ETIQUETTE

SHARE. Let others use machines during your rest periods.

CLEAN UP. Use cleaning materials supplied to wipe down machines when finished.

LEAVE NO TRACE. Return all equipment to its proper place after use.

FAIR PLAY. Limit time on cardio equipment to 30 minutes during peak hours.

PEACE & QUIET. Use cell phone in lounge, hallway or outside only.

COVER IT UP. Wear appropriate apparel during workout. Utilize towel after shower. Help keep the YMCA of Austin a comfortable place for all.

JUST ASK! If you are not sure how something works, please ask any YMCA Fitness Staff for assistance.