

Oshkosh Community YMCA

LIFESTYLE CENTER POLICIES

If you have any questions regarding the following procedures please contact a staff person. Fitness testing and Specialized Personal Training is available upon request and by appointment.

General Policies

1. An orientation is strongly recommended to use any equipment in the room. There is a fee for a complete orientation.
2. Orientation appointments can be made at the Lifestyle center (LSC) reception desk or by phone 236-3380
3. The minimum age in the LSC is 16 years old. Children under the age of 16 must be under direct supervision of a parent or have successfully passed the Teens on Weights program.
4. Shirts and close-toed shoes are required.
5. No food or drink. Limited to sealed plastic bottles.
6. Fitness Staff are here to help and inform. Please respect their guidance.

*Important Note

All members having a history of medical problems should bring these to the attention of the instructor 1) coronary heart disease-heart attacks 2) high or low blood pressure 3) Epilepsy or any convulsive disorder 4) Recent surgery 5) Musculo-skeletal problems

6) Diabetes

- PLEASE CONSULT YOUR DOCTOR BEFORE BEGINNING A FITNESS PROGRAM

Magnum Circuit Procedures

- 1) Workout flow should be from lower body (biggest muscles) through upper body.
- 2) If doing more than one set on a machine, courtesy should be given to those going through the circuit.
- 3) A towel should be used to wipe seats down after use.
- 4) Multiple set users on Magnum equipment must open up machines between each set. Staff needs to reinforce and intervene if there are problems.

Aerobic Equipment Procedures

- 1) Become familiar with cardiovascular equipment rules (by Treadmills and Precors).
- 2) There is a 30-minute time limit on the Treadmills (if others are waiting). Please sign up for only 1 time slot at a time.
- 3) Bikes, Stairmasters are on a first-come, first-serve basis.

Weight Room

- 1) No coats or gym bags are to be left in the weight room. Please take time to store personal items in locker rooms.
- 2) Racking the weights after use is expected and required. Staff should reinforce.
- 3) Wipe off equipment after use.
- 4) Any abuse of equipment will not be tolerated.

The YMCA Staff asks your help in being courteous to other members. If you need help or have questions, please talk to a Staff Person.

HAVE A SAFE, FUN WORKOUT!