



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STUDIO 2 & 3 SAFETY GUIDELINES

For your safety, these studios are monitored by security cameras.

Age requirements

Studios 2 & 3 are intended for virtual fitness class use by Y members and guests ages 3 and up. Children age 3-7 must be accompanied by an adult (16 years or older) and actively supervised at all times.

No child under 8 will be left unattended.

Members ages 8 and up may take an age appropriate class or may schedule and take virtual fitness classes ON-DEMAND on their own.

Attire

Proper athletic attire and non-marking athletic shoes must be worn in the studios at all times. Indoor cycling shoes must be taken off inside Studio 2 and should not be worn in the hallway or on the flooring of the lower level.

Studio use

Members' own personal training equipment is not permitted to be used in the studios. Equipment provided by the Y is available for use during land or virtual fitness classes, or as instructed by personal trainers or group exercise instructors, and should be used in a manner the equipment is intended for. Indoor cycling is intended for individuals who can properly and safely fit the bike. Young children are restricted from indoor bike use. Equipment must remain in the room and should be put away properly after use.

All personal items, strollers, car seats and street shoes are not permitted in the studios. Please use lockers, found throughout the building, for personal items.

Food, drink, and gum are not permitted in the studio.

Plastic water bottles are ok.

Profanity, running or rough play will not be tolerated in the studios.