

MONTGOMERY COUNTY FAMILY YMCA

Wellness Area / Track / Fitness Room Guidelines

Operational Level 3

- **No more than 8 at a time in Wellness Area**
 - **No more than 9 members to a fitness class**
 - **Must have one equipment station separation from other members when exercising on cardio equipment (treadmills, exercise bikes, stair steppers..etc)**
 - **Must have one equipment station separation from other members when exercising on circuit equipment**
 - **No lifting together in tandem or spotting of others in free weight area**
 - **Spray down and wipe cardio equipment before and after use**
 - **Spray down and wipe barbells, weights (even hand weights), benches before after each use**
 - **No congregating of members within a six-foot radius**
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- ✓ Fans will not be allowed for use to limit transmission possibility
 - ✓ Members should use a blue towel for equipment wipe down and white towel for own use
 - ✓ Remote controls for TVs will be monitored by MCYMCA staff
 - ✓ Appropriate attire must be worn when working out. YMCA staff may ask member to change or leave facility if member/guest is found to be in violation.