



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lakota Family YMCA

Fitness Center

FACILITY HOURS

M-F 5:30a-9p
Sat 7a-7p
Sun 11:30a-5:30p

NEW AGE POLICY

Members **12-14 years old** can use **CARDIO** equipment **ONLY** under parental supervision.

Members **15 and older** can work out in the fitness center no restrictions. All youth fitness certification classes have been canceled until further notice.

Please abide by the six-foot rule while in the facility.

Upon entry to the fitness center all members will always receive their own spray bottle and towel to carry with them and clean anything they use or touch. Please discard the towel in the bin and return the spray bottle when leaving the fitness center.

Once you are finished on the cardio machines, please put the cone on top of the equipment (treadmill, bike, elliptical, AMT, stair stepper) to signify you have **used** and **cleaned** the machine. Our employees will then deep clean the machine afterwards.

All attachments for the 8-stack, medicine balls, bands, straps etc. have all been moved up front and must be checked out with the fit desk staff and returned when finished so staff can sanitize it.

All chairs, mats and cubbies have been removed and are **not** available for use. Members must carry their items with them.

The water fountains have been disabled in the facility. Water bottle refill stations are still able to be used.

Personal Training is available.

Limited Group Fitness and SilverSneakers classes available.