

Welcome to the YWCA St. Paul Health & Fitness Center!

Facility Guidelines:

- ◆ Please remember your photo ID; it's required.
- ◆ Shirt and athletic shoes are required attire.
- ◆ For your comfort and privacy, all mobile phone use is prohibited within the Facility, and all camera use is prohibited within the locker rooms.
- ◆ Please limit cardiovascular equipment use to 30 minutes.
- ◆ Always be considerate of others, and take rests away from machines so others may use them.
- ◆ Please wipe down equipment after use.
- ◆ Please return all equipment to its proper storage area after use.
- ◆ Only authorized YWCA staff can offer Personal Training Services.
- ◆ 15 – 18 year olds must complete a fitness orientation to use the equipment.
- ◆ Children aged 14 and younger must be supervised by an adult at all times.
- ◆ 12 – 14 year olds may use the equipment if they first complete the Teen Fitness Certification program and are supervised by an adult.
- ◆ Unless otherwise specified, children aged 14 and younger cannot take Group Fitness, Specialty Classes or use the whirlpool or sauna.
- ◆ Car seats or strollers are prohibited in fitness areas, fitness studios, and the pool deck.
- ◆ The YWCA is not responsible for lost or stolen items.