



STAY FIT, STAY SAFE

Fitness Facility Guidelines

HONESTY

- Fitness areas are open to members 13 years and older, unless the youth is in an organized YMCA program supervised by an adult staff member.
- Personal Trainers and Private Coaches must be certified YMCA of Honolulu staff.
- Please observe branch-specific time limits while using the fitness equipment.

RESPECT

- Please use headphones when listening to personal audio devices.
- Please do not converse on your phone while in any fitness area. If you use your phone, please do so in our lobby areas.
- Photography or videotaping is not allowed without prior consent from the Branch Executive.
- Please do not drop or slam weights, except on the Olympic Platform.

CARING

- Please use paper towels and disinfectant to wipe down the fitness equipment before and after use.
- Please share equipment. When performing multiple sets, let others work in. Do not rest, text, or email while on the strength fitness equipment.
- Please refrain from horseplay, fighting, using profanity, or making loud noises.
- Place all beverages in a spill-proof container with a secured lid. Glass containers are prohibited.

RESPONSIBILITY

- Tops and bottoms suitable for exercise must be worn at all times.
- Closed-toe and closed-heel exercise shoes must be worn when using the weight room, fitness machines and equipment, and in certain group exercise classes as required.
- Please leave your valuables at home. Secure your belongings at all times. Lockers are available for your convenience. Bags and backpacks are not allowed in fitness areas. A small fanny pack can be worn while using the fitness area.
- Please return all fitness equipment to the proper location after use.

DIVERSITY

The YMCA of Honolulu is committed to equity, inclusion, and justice for all. We work to ensure that everyone, regardless of ability, age, cultural background, ethnicity, faith, gender, gender identity, race, or sexual orientation feels welcome, connected, and secure. We aim to empower everyone to participate fully in Y programs and services and develop to their greatest potential. Our programs and service locations embrace diversity, reflect the needs of the communities they serve, and strive to ensure access, inclusion, and engagement for all.