



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FREE WEIGHT AREA POLICIES

## For the Health and Safety of All

1. Maximum occupancy: ten (10).
2. No more than two (2) members working out together at a time.
3. The free weight area is for active exercising. Please use other designated areas to stretch or rest.
4. Signs located at the entrance of the free weight area indicate whether or not you can enter based on current capacity numbers.
5. All workouts in the free weight area must be less than sixty (60) minutes, so others may utilize the space.
6. At least six (6) feet of distance from others must be maintained. Exceptions include “spotting” others during exercise.
7. Follow directional arrows on the floor when entering and exiting the free weight area.
8. You may pass through the free weight area to enter/exit the TRX Studio.
9. Clean and sanitize ALL equipment before and after use with disinfectant wipes located throughout the free weight area.
10. Re-rack all weights used.
11. Y staff reserve the right to enforce the policies listed above for the health and safety of all, or members may be asked to leave.



**MADISON AREA YMCA**  
[madisonareaymca.org](http://madisonareaymca.org)