



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP WELLNESS GUIDELINES

Sammamish Community YMCA Health & Wellness

For your health and safety, we ask that you do not enter a class after the warm-up segment has been completed (15 minutes). Be there on time to get a safe and effective warmup and cool down. Please stay for duration of class.

Wear appropriate and clean workout attire. No open-toed shoes, sandals, flip flops or bare feet (except for yoga and pilates classes). Street clothes, including denim material and vinyl suits are not recommended.

Please bring a water bottle, your own Yoga/Pilates mat to class. We offer a complimentary towel service, but encourage you to bring towels from home whenever possible. We encourage you to eat something at least 1-2 hours before class.

All the classes on the schedule have various levels of intensity. Please see the class description for more information. Movement complexity depends on the class format and the instructor leading the class. Please let the fitness instructor know if you are new so they can assist you with proper form and/or equipment use.

All classes and instructors are subject to change without prior notice.

Food, gum and open containers are not allowed in the group exercise areas. Please note this is a safety concern and we would like members to have a good group class experience.

Cell phone use– In addition to pagers, we use cell phones as a way to contact parents with children in Kids Zone. Please silence your cell phone while participating in group classes. If there is an emergency, please exit the classroom quietly.

For your benefit, refrain from “doing your own thing”. Please follow the instruction given by the fitness instructor to ensure a safe, effective and balanced workout. You are welcome to modify moves for your own ability and safety.

We encourage community building but we ask that you limit your conversation once class has begun. All members are expected to conduct themselves in a manner reflecting the mission and values of the YMCA.

Return all equipment to its proper place after class. Handle free weights and STEP boards with care.

Minimum age to participate in group exercise classes is 14. Our age guidelines in the facility show that children 8years+ can attend Dance and Family Classes with adult supervision. All other formats are 10-13 years with adult supervision. (unless noted on the schedule). Children are not allowed to sit and observe classes in the group exercise areas.

The YMCA is not responsible for lost or stolen property – remember to bring a lock from home to secure your belongings in one of our many complimentary day lockers. If you forget your lock at home, we do sell them at the Y.

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Everyone is welcome. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility.
Financial assistance is available.