



# 24/7 WELLNESS

## MEETING YOU WHERE YOU ARE

Finding an exercise schedule that suits you is the first step to beginning a healthier, more active lifestyle, and the Y is giving you the opportunity to achieve your goals on your time on a schedule that fits your lifestyle. That means 7 days a week, and 365 days a year of unlimited access to wellness centers, free weight areas, and indoor tracks. No matter your reason, we want to help you stay connected to what you love.

### AGES 18+

Access to the YMCA's 24/7 wellness facilities is for Greater Marinette-Menominee YMCA **members only**, 18 years of age and older.

NEW! 24/7 workout facilities can now be used by ages 14-17 with an adult. Read more under "Family Fob"

Access is not available for

- Visitors using Nationwide Membership
- Guests of a YMCA member

### AREAS OF USAGE

- Gymnasium
- Racquetball Courts
- Upstairs Girls & Boys Locker Rooms
- Free Weight Room
- Life Style Center
- Studio 4
- Cycling Studio

### PRICING

Single FOB (Ages 18+) : **\$2/month per person\***

\*Activation Fee (one time): \$25

Family Fob (Ages 14-17) : **\$2/month per person w/ approved adult**

### FAMILY FOB

NEW for 2024! Youth ages 14-17 will be able to use the 24/7 wellness facilities with a parent from their immediate family. Here's what to know.

1. Youth may only purchase a 24/7 membership if their parent is a current 24/7 member
2. Parents must be in the same area as youth at all times. Parents and youth should not be separated at any time during usage.
3. Youth will not receive their own FOB but will enter with their parent and sign in at the Welcome Desk
4. One membership per teen must be purchased

### HONOR CODE

With the addition of extended access to our facility the Marinette-Menominee YMCA is adopting a strict honor code based on Y values of honesty, respect, caring and responsibility. If a Y 24/7 Wellness member fails to abide by the guidelines established, their extended access and potentially their membership will be revoked with no refunds given. These guidelines are in place for the safety and security of our members and deviations from our values are deemed inappropriate to our mission.

## GENERAL INFO

Adult Y members wanting 24/7 Wellness to the Marinette-Menominee YMCA will be required to sign an extended access waiver to receive their personal key fob for entry. Each key fob per adult is \$25 to purchase (for example: if a spouse on the membership also wants to use extended access).

Extended access includes a \$2 monthly fee per person to be drafted with your monthly membership. If a member damages or loses their key fob, they should report that to the Y immediately. A replacement key fob can be purchased for \$25. Your key fob is unique to your membership and will allow access as long as your membership remains active.

## HOW TO ACCESS THE FACILITY USING YOUR FOB

Hold your key fob up to the fob reader to the left of the front door, you will hear the door activate and see the small light turn from red to green when the key fob is recognized. Upon activation, pull on the door to gain access (there is a 5 second time limit).

Do not exit through the door marked emergency exit only. When entering and exiting the facility, please ensure the door closes behind you. Do not hold the door for anyone, as they will need to scan their key fob for access.

Doors are automatic and take a moment to open and close on their own.

## SAFETY & SECURITY

Key fob is to be used only for your own personal entrance into the facility outside of staffed hours of operation. No "guest" usage is permitted after staffed hours. Only ages 14-17 with an approved Family FOB membership may enter the building without scanning a personal FOB.

We highly recommend that you exercise with another member who has 24/7 Wellness, when doing so outside of staffed hours of operation. The Y has a 24-hour surveillance system for security purposes.

Please note that this system does not provide staffing assistance for any emergency that might arise.

A phone is located near the welcome desk in case of emergency. In the event of an emergency, dial 9 then 911. The YMCA address is posted by the telephone and emergency personnel will be able to access the building during non-staffed hours of operation. Please park your vehicle in the front or handicap lot. Members with 24/7 Wellness can utilize the fitness center, but at their own risk.



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