

FITNESS CENTER AND STUDIO POLICIES AND REGULATIONS

You must have your student ID to enter the Fitness Center!

- **Everyone must log in and log out of the computer at the front desk.**
- **Everyone using the facility must fill out the appropriate paperwork and sign the waiver release form prior to working out.**
- **Proper attire must be worn at all times: shirt, gym shorts, sweats, tennis shoes. No jeans or flip flops**
- **Wipe down all equipment with sanitary solution and towel after use**
- **Unload weights and return dumbbells to the appropriate location**
- **Do not drop weights**
- **Use a spotter when lifting heavy weights**
- **There is a 30-minute time limit on all of the cardiovascular equipment during peak times.**
- **No food, drink, or tobacco. Water in a closed bottle is allowed**
- **Basketballs, baseballs, soccer balls, or volleyballs are not allowed**
- **No loitering will be allowed; you must be checked in to enter the Fitness Center area.**
- **Disruptive or offensive behavior, including Profanity will not be tolerated.**
- **Lack of respect towards members, fitness center staff, and/or equipment will not be tolerated.**
- **Lockers are available free of charge. You must provide your own key or padlock. Please let the Fitness Center staff know which locker number you have chosen. You will need to remove your belongings when the semester has ended.**
- **We are not responsible for lost/stolen/broken personal property.**

If you are in violation of any of these policies and regulations, you may be asked to leave.