



Fitness Center Rules

- Everyone must present the proper id or membership card before entering the fitness center.
- Gym bags, back packs, purses, & etc. are not allowed on the workout floor. Leave all personal belongings or bags in the cubbies in the fitness center lobby and clothing in the locker room.
- No open containers or other spill proof containers are allowed for drinks in the fitness center. No glass containers.
- No eating, smoking or drinking alcohol in or around the Physical Education Complex.
- No bikes, rollerblades, or skateboards are allowed in the fitness center
- Non marking athletic shoes are required in order to work out.
- Absolutely no one is allowed in the upper part of the fitness center area.
- Shirts, shoes and pants or shorts are required. No one is allowed to workout in jeans, skirts, cutoff jeans, and boots. Females are not allowed to workout in just a sports bra, midriff should not be showing.
- No children under the age of 18 are allowed in the fitness center.
- The cardio equipment is first come first serve.
- There is a 30 minute limit for the cardio equipment when someone is waiting.
- Wipe off all machines after each use.
- No chalk is allowed in the fitness center
- Do not throw or drop the weights. Place them down gently on the floor.
- Replace all dumbbells on the dumbbell racks after use.
- Report any injury or damage to the equipment to the staff immediately after it happens.
- Exercise at your own risk.
- Disorderly conduct or horse playing will not be tolerated in the fitness center.
- Radios and cd/tape players must have earphones. No loud music.
- Use of profane and/or abusive language will not be permitted in the fitness center.
- The fitness center is not responsible for any lost or stolen items.

- Do not sit on the floors, steps, or the fitness equipment.
- Please report any potential danger to the fitness center staff.
- Use the cleaning stations. ALWAYS clean up after yourself.
- Do not bang the weights.
- Do not reserve equipment or machines for other people. The equipment is first come first served.
- Limit cell phone conversations in the fitness center.

Individuals that do not follow these rules will not be denied access to the fitness center.