



Fitness Center

- All users must be 16 years of age or older.
- Do not bring tobacco, food, chewing gum, glass bottles, cans, alcohol, drugs, or banned substances in the facility; plastic bottles with tops are acceptable.
- All belongings need to be stored in the cubby holes.
- If you have questions or are unfamiliar with any of the equipment, please ask the Fitness Staff for assistance.
- Patrons should use extreme caution when lifting weights to avoid potential injuries to themselves or others.
- The use of weight belts for proper abdominal and lower back support is strongly recommended.
- Do not perform squatting types or Olympic lifts outside the power rack.
- When performing maximal free weight exercises utilize a spotter or staff member.
- Please report any facility related injuries or equipment irregularities to the Fitness Staff on duty.
- Proper attire is limited to t-shirts and athletic shoes at all times. A full back t-shirt is required in the Fitness Center.
- No open-toed shoes (flip flops, sandals, etc).
- Do not wear weight belts, or any clothing with rivets, buckles, or clasps (jeans) that could cut equipment upholstery.
- **Clean equipment with a towel and proper disinfectant after use.**
- **No food or beverages allowed in the Fitness Center, except water bottles. The bottle must have a top.**
- Use of collars on the Olympic bars is strongly recommended.
- Return dumbbells and plates to the rack in their proper order.
- **Do not drop plates or dumbbells.**
- **Dumbbells, weight plates, and bars should not be dropped or leaned against the walls, mirrors, and/or other equipment.**