• 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.**