

## Fitness Center/Cardio Mezzanine Policies

All equipment is to be handled in a safe and proper manner. Individuals who use the equipment inappropriately, or do not follow safe practices will be asked to leave the facility and may be restricted from future access.

- Always check in at the front desk when entering the facility
- Fitness Center orientation sessions are required prior to using the equipment in the facility for the first time. Schedule your orientation with a member of the Fitness Center staff.
- Proper utilization of free weights and resistance machines is required. Fitness Center staff members can only provide guidance for the correct use of the equipment and the machines. The staff cannot provide exercise prescriptions. Personal trainers are not employed by the Fitness Center.
- Collars and spotters must be used for barbells at all times
- Do not drop weights. Return weights to their starting position and/or re-rack them without slamming them down.
- Weights are not to be left on the floor or leaning against walls, mirrors, or equipment.
- After use, clean/disinfect and return all equipment to the proper storage area.
- Do not rest on the machines between sets. Allow others to “Work In” between sets
- Limit Cardio sessions to 30 minutes during peak times or when others are waiting to use the equipment
- Do not attempt to open the overhead garage doors. The doors are only to be opened by the Fitness Center staff.
- Those failing to observe these policies will be asked to leave the facility and may have their access permanently revoked

