

Group Fitness Studio Policies

1. Participants must bring their own sweat towels and water containers.
2. Only non-marking athletic shoes are allowed.
 - Unless noted otherwise by instructor.
3. Proper workout attire must be worn at all times.
 - Plastic sweat suits are not permitted.
4. No food, gum, or tobacco allowed.
5. All personal items must be stored in the provided cubbies.
 - Fitness staff is not responsible for lost or stolen items.
6. Facility hand weights are provided for appropriate classes and may only be used as the director of the Group exercise instructs.
 - Do not drop or throw exercise equipment.
7. If you experience lightheadedness, dizziness, nausea or any other discomfort, please stop your workout and notify a staff member on duty.
8. Doors will be locked once class starts.
 - You must be on time.
9. Respect for equipment and facilities must be demonstrated at all times.
10. Group Fitness equipment is to remain in the Group Fitness Studio.
11. Be considerate of others.

****Policy Violations may result in ejection from the facility.****

Office of Recreation and Wellness

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