

Wellness Center Rules & Policies

The air-conditioned wellness center is equipped with the treadmills, elliptical trainers, stationary bikes, strength training equipment, free weights (ranging from 5 to 100 pounds), and Olympic barbells with over 1,000 pounds in weight plates.

1. A valid staff/faculty ID must be provided to weight room attendant to enter, no exceptions!
2. No eating or drinking allowed! Water is allowed.
3. Proper attire must be worn in order to work out: no jeans, sandals, midriffs, open-toed shoes, or bare feet allowed.
4. Appropriate manner must be maintained at all times in the weight room: no horseplay, or use of foul words.
5. Fifteen minutes allowed on all cardiovascular equipment, if individuals are waiting to use the equipment.
6. Please wipe off equipment after use.
7. Replace all weights in their proper racks after usage. Do not leave plates on the bars!
8. Must use a spotter when using heavy weights. Ask a weight room attendant if you need one.
9. Report all injuries to the weight room attendant immediately.
10. All trash must be put in the proper container.
11. No one is permitted to use the weight facilities without the presence of a weight room monitor or member of the Athletics department.