



Recreation Center Exercise Rooms

General Policy

- Appropriate exercise attire is required
Recreation Center staff reserves the right to determine appropriateness of attire
In addition:
 - Shirts are required (no bare midriffs)
 - Shoes
 - Closed toed shoes must be worn in all active fitness areas
 - Shoes must be non-marking, non-scuffing for use in wood floor areas
 - Zippers, snaps or metal studs on clothing that could damage equipment are prohibited.
- No personal training or instruction, except by Recreation Center staff or Kinesiology trainers
- Fitness and weight machines must be shared. Please allow others to work-in during sets
- The Recreation Center is open to all; clubs or groups may not take over use of any exercise space
- No chewing gum allowed
- Backpacks, purses or bags are not allowed in the exercise rooms
- No photography by camera or cell phone without prior written approval
- No ball play
- Leak-proof personal water bottles are permitted. Other drinks or food are permitted by prior reservation only
- No flyers or signage may be placed on walls
- No feet on the wall (e.g.: hand stands)
- Any bleeding or injuries must be reported to the Recreation Center staff immediately

Equipment Use

- Equipment is to remain in designated areas and may not be removed from the room
- All weights, dumbbells, plates must remain on rubberized flooring
- All users must wipe down equipment when done
- Re-rack all weight plates and dumbbells
- Chalk (or other grip enhancing product) is not allowed
- Collars are required on all weight bars
- Olympic lifting, cleans, snatches and jerks permitted on the Power Platforms ONLY
- Weights may not be dropped
- 30-minute limit on Cardio. Cardio sign-ups must be in-person by user only
- Spots required for: free weights, bench presses, military incline/decline, shoulder presses, dumbbell presses and squats
- Medicine balls may not be thrown
- Audio visual equipment is to be operated by Recreation Center staff only