

**HOURS**

**MONDAY/WEDNESDAY: 10 – 6**

**TUESDAY/THURSDAY: 7:30 - 6**

**TO BECOME A MEMBER:**

1. Show Student ID
2. Sign up the first day you want to work out.
3. Know your banner ID and fill out paperwork.

**FITNESS CENTER ETIQUETTE:**

1. Put everything back where it belongs. Don’t leave a trail of equipment.
2. Don’t hog the equipment when the center is busy. Use it, don’t sit on it.
3. Wipe things down after you use them. Wipe your sweat off everything you touch.
4. Respect personal space. Don’t try and squeeze into area if someone else is working out.
5. Be flexible if the center is crowded. Not every machine is available when you want it.
6. Don’t be afraid to ask for space. If you feel someone is crowding you, just let them know you may need a bit more space to complete your workout
7. Be mindful of your surroundings. Look around before you start swinging a kettlebell or doing jumping jacks, etc. People are constantly moving so take note.
8. Ask for help if you don’t know how to use a specific piece of equipment or if you are looking to work on a specific muscle group.
9. Plan a routine ahead of coming into the center. It works better when you have a plan of attack and know what equipment you want to use to complete a workout.

**SAFETY:**

1. Proper attire must be worn at all times to prevent injury. Comfortable athletic clothing like sweats, shorts and t-shirts plus good, clean sneakers. No jeans, crocs, work boots or everyday clothes.
2. No hanging out. Come, workout and leave.
3. No food. Water and sports drinks only.
4. No bags or backpacks allowed on main floor. Use the lockers.
5. Don’t do anything above your limits or what you are not familiar with. ASK FOR HELP

**KNOWING YOUR LIMITS:**

1. Ask the staff for help and/or assistance when using the equipment. Never lift more weight than you are capable of. If you can’t lift a weight for 10 consistent repetitions, it is TOO HEAVY for you. Choose a lighter weight.
2. If any part of your body starts to hurt while performing an exercise STOP.