
Strength / Cardio Policies

- **Occupancy load is set at a maximum of 208 and will be closely monitored. If the weight room is at maximum occupancy, individuals will not be allowed to enter until the occupancy load drops below 208. Individuals that have exited can take their place at the end of the line waiting to be admitted.**
- **Bags are not allowed in the weight room and cannot be stored against the walls or on the walkway. Bags can be stored in the storage cubbies next to the weight room.**
- **Appropriate attire and footwear are always required. No sandals or open-toe shoes allowed. No removing shoes (except on stretching mats along Jogging Track.)**
- **No studded clothing (jeans, denim jackets, etc..) on upholstery.**
- **Medical scrubs are prohibited.**
- **To prevent damage to weight machines, do not drop or release weight suddenly causing plates to slam against each other.**
- **Lift weights safely. If you cannot control the weight through the entire range of motion, it is too heavy. Lifting too heavy or recklessly is unsafe for the lifter and those around them.**
- **Weights are not permitted on cardio deck. Weighted exercises on treadmills or other cardio equipment are prohibited.**
- **Do not stand or step on upholstered equipment.**
- **Please employ proper etiquette and allow others to work in on machines and benches between lifting sets.**
- **Do not hoard weights or leave multiple free weights on the floor in your lifting area. Use one set of free weights a time and put them back when done.**
- **All patrons must be 15 years of age or older. Children between 15 - 17 years old must always be with their parents.**
- **Do not alter, disassemble or move any piece of equipment from its designated spot.**
- **All free weight lifts must be collared.**
- **Use of a spotter is recommended.**
- **Return all weights to their proper location.**
- **Do not place weights on upholstered areas.**
- **Spray and wipe down each piece of equipment and exercise station after use.**
- **Please limit stretching and abdominal work to designated stretching mats.**
- **No food or drink allowed in the weight room. Glass bottles are not allowed. Water is permitted in non-breakable spill-proof bottles.**
- **Use of chalk is prohibited.**
- **Please adhere to posted hours. Follow the instruction of the attendant or instructor.**
- **Do not become a victim of theft. Use of a locker is recommended. Semester lockers are available for a fee and are assigned at the Recreational Services' office.**
- **To prevent damage to the gym floor, dropping weights is only permitted in the designated zones in the Olympic Lifting Area.**
- **Portable speakers are not permitted.**