

LOBOFIT

Strength | Cardio | Functional | Track | Cycle | Studio | Dance | Mat | Pods | Court

General Policies Strength & Cardio

- 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.
- Appropriate attire and footwear are required at all times. No sandals or open-toe shoes allowed.
- No deadlifts or Olympic style lifting of any kind is allowed.
- Do not drop weights on the floor from any height. Any individual caught dropping weights will be asked to stop. Noncompliance will result in immediate removal from the weight room. Repeat offenders will have weight room privileges suspended.
- All patrons must be 15 years of age or older. Children between 15 - 17 years old must be with their parents at all times.
- 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.
- Observe the 25-minute limit on all cardio machines.
- 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.
- During Physical Education classes, only individuals registered for that class may workout in the “strength zone.”
- Do not become a victim of theft. Use of a locker is recommended. Day lockers are available at no charge in the equipment room. Semester lockers are available for a fee and are assigned at the Recreational Services’ office.
- To prevent damage to the gym floor, deadlifts, Olympic lifts and dropping of weights prohibited are in designated areas only.

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General Policies Walking Track

In addition to Track policies, all other Recreation and Johnson Center policies will be enforced. Violation of any policy may be subject to appropriate disciplinary action.

For Individuals

- Enter the Track with caution. Be alert for joggers as you enter the Track surface.
- Participants must use the Track in the designated direction. The direction of travel changes daily and is indicated at the entrance to the Track.
- Walkers should use the inside lane and joggers should use the outside lanes.
- For the safety of guests, sprinting, racing and timed events are not permitted. Walking and jogging only.
- No more than two joggers or walkers are allowed side by side and only if the Track is not busy. Enforcement is at the discretion of the staff on duty. See Group Policies below for additional requirements.
- Appropriate attire and athletic shoes must be worn. Spiked shoes, turf shoes, cleats, sandals, or open-toed shoes are not permitted. All footwear must be dry and free of dirt before participating. Shirts must be worn at all times.
- Standing, horseplay, calisthenics, weightlifting, and stretching are not permitted on the Track.
- Spectating is not permitted from the Track or any LoboFit Pod.
- Throwing or dropping items on the Track or to the areas below is not permitted.
- Equipment is not allowed on the Track. Equipment includes but is not limited to dumbbells, kettlebells, weight plates, medicine balls, jump ropes, etc.
- Lunge activities are not permitted on the Track. Lunge space is available in the Functional Training Room.
- Bicycle, scooters, hoverboards are not permitted on the Track. Wheelchairs are allowed.
- For the safety of guests, strollers are not permitted on the Track.

For Groups

- All individual policies for use of the Track.
- Groups are not permitted without prior approval from a Recreational Services' facility manager or supervisor on duty.
- Groups may walk or jog in the outer lane only and in a single file line. Passing is only permitted when the middle lane is empty and only if made by jogging or walking.
- Fireman or other types of human lifts and carries are not permitted.