



FITNESS CENTER RULES AND REGULATIONS

GENERAL RULES AND REGULATIONS

Eligibility: All students, faculty, staff, and ACG fitness members are eligible to use the Fitness Center.

The following general rules and regulations apply to all eligible users of the Fitness Center:

1. The Fitness Center hours are:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fall & Spring Semester	9:00am-9:30pm	9:00am-9:30pm	9:00am-9:30pm	9:00am-9:30pm	9:00am-9:30pm	11:00am-17:00pm
Winter & Summer Session	9:00am-9:30pm	9:00am-9:30pm	9:00am-9:30pm	9:00am-9:30pm	9:00am-9:30pm	11:00am-17:00pm
Between Semesters & Sessions	4:30pm-9:30pm	4:30pm-9:30pm	4:30pm-9:30pm	4:30pm-9:30pm	4:30pm-9:30pm	11:00am-17:00pm

For students, faculty, and staff

AND

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hours of Operation	4:30pm-9:30pm	4:30pm-9:30pm	4:30pm-9:30pm	4:30pm-9:30pm	4:30pm-9:30pm	11:00am-17:00pm

For ACG Fitness members

2. All members must complete and sign a PAR-Q (Physical Activity Readiness Questionnaire) prior to using the Fitness Center.

3. All members must always complete a client information form in order to request a fitness training regimen.

4. Everyone must write their name, id number, and time of entrance on the specific sign-in form located at the circulation desk. Moreover, everyone must leave their ID cards at the desk.

5. Proper fitness attire is required. Street clothes are not allowed. **Appropriate shirts and shoes must be worn at all times in the Fitness Center.** Sandals and flip-flops are not appropriate footwear and are strictly prohibited.

6. Everyone is expected to practice proper Fitness Center etiquette. Examples include but are not limited to:

(a) Returning all equipment to the proper location after each use (re-rack weights).

(b) Wiping down and cleaning all the pads and surfaces that you come into contact with by using the specialized cleaning material available at several spots throughout the Fitness Center.

(c) Always using a towel when you come into contact with pads/surfaces.

(d) Sharing equipment. If you are doing multiple sets, allow others to use the equipment in- between your sets and avoid resting on equipment between sets.

(e) Practicing personal hygiene by using deodorants and wearing clean workout clothes.

(f) Avoiding the Fitness Center if you are feeling ill or believe you have a contagious illness.

(g) Not using profanity or shouting.

(h) Using the equipment properly. If you are unsure or need instruction, please contact a staff member.

(i) Being on time for scheduled classes and leaving the Fitness Center before closing time.

7. All exercise equipment should be used properly and left in good condition for others.

8. Lockers are for day-use only, unless otherwise specified.

9. The Fitness Center is not responsible for personal property that is lost, stolen, or damaged due to vandalism or any other cause.

10. No food or beverages are allowed in the Fitness Center. Bottled water is permissible.

WEIGHT LIFTING AND EXERCISE EQUIPMENT AREAS

The following rules and regulations apply to the eligible users of the Fitness Center's weight-lifting and exercise equipment areas:

- 1.** For safety reasons; bags, jackets, and coats are not allowed in the weight-lifting or exercise equipment areas. All items should be placed in lockers or in the specialized shelves within the Fitness Center.
- 2.** Each piece of equipment used must be wiped clean after use.
- 3.** Users must return bars/weights to their proper place/racks immediately after use.
- 4.** Keep hands and feet clear of moving parts while machine is in use. Never put hands or feet under weight stacks. Place hands and feet only on the hand grips and foot pads provided.
- 5.** Do not operate equipment if it has loose or damaged parts. Report repair needs to the staff. Do not make repairs yourself.
- 6.** Do not drop weight stacks, plates, dumbbells or other free weight equipment.
- 7.** If you are unsure about the appropriate technique and form of any exercise, consult the fitness trainer for instruction.
- 8.** Always wear a weight lifting belt to reduce stress on the lower back while lifting heavy weights in an upright position and prevent back hyperextension during overhead lifts.

These rules and regulations are designed to make the Fitness Center a safe and enjoyable place for all members. Violations of these rules and regulations can result in suspension or termination of your Fitness Center membership.

These rules and regulations may be modified or amended at any time without prior notice.