

- Backpacks and other personal items are not allowed in these areas (on the floor, windows or desk). Lockers are available for rental to secure all belongings or cubbies by the Rock Wall may be used. The SRC is not responsible for lost or stolen items.
- Please wipe down equipment with sanitizer after use, including all areas your sweat may have dripped.
- Do not block exits. A large warm-up area, with mats and ab/back boards, is available on the track level of the Student Recreation Center, specifically for stretching and core exercises.

Acceptable TOPS: t-shirt, sweatshirt, or full tank top; midriff must be covered!

Unacceptable: bare chest, bare midriff, sports bra, ripped tops

- Acceptable BOTTOMS: workout pants or shorts
Unacceptable: slacks, cut-offs, jeans, cargo pants or cargo shorts
- Acceptable SHOES: athletic shoe
Unacceptable: all others (dress shoes, sandals, or boots)

- The majority of the cardiovascular machines are on a reservation system to allow use by all patrons. You may **ONLY sign up** for one 30-minute time-slot per day. For additional workout time, use the non-sign-up equipment, open equipment 5 minutes after the hour and half hour or other fitness areas.
 - To sign-up you must physically visit the Cardio Room desk. You cannot sign-up for a friend or phone-in a reservation.
 - Reservations begin on the hour and 30-minutes past the hour. If you are more than 5 minutes late, your reservation will be cancelled and the machine is open for other participants to use.
 - Some machines are available on a drop-in basis. During busy times, please limit your use of these machines to 30 minutes per day.
 - Additional drop-in machines are available on the second level of the Student Recreation Center near the running track.
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- Do not enter the Weight Room during PE classes (9-11:50 am & 1-2:50 Monday-Thursday).
 - The Cybex Eagle Circuit (south wing) is available during all open hours of the SRC.
 - Do not remove equipment from these areas (weights, medicine balls, benches, mats, etc.).
 - Do not throw medicine balls.
 - Do not use chalk and other grip-enhancing products.
 - Use collars on all Olympic bars.
 - Use spotters for heavy lifts.
 - Do not slam weights together or drop dumbbells, barbells or plates on the floor.
 - Return and rack weights when finished.
 - Please wipe down equipment after use.
 - Share equipment and allow others to work in between your sets.
 - Be respectful of all equipment, patrons and staff in these areas.