Cardio & Weight Area Rules

- Appropriate athletic attire must be worn in the Cardio, Weight and Fitness area at all times.
- Clean athletic shoes closed toe covering must be worn at all times. Only non-marking gym shoes will be allowed on any wood floors surface.
- Shirts that fully cover the chest and back must be worn in the facilities.
- Clothing with exposed rivets, buttons, zippers, or other metal parts is not permitted.
- Food, gum, tobacco products or open beverage containers are prohibited.
- Only twist top or water bottle containers are permitted.
- Gym chalk is prohibited.
- Please re-rack weights in proper place when finished.
- Excessive dropping or slamming weights or weight stacks is prohibited.
- Free weights, such as dumbbells and weight plates, must stay in the weight room at all times. Patrons may be billed for late, damaged or lost equipment.
- Please wipe down equipment after use. Pre moistened towels are provided.
- Use of a spotter and collars on bars is strongly recommended.
- **Lied Cardio Equipment**
  - Lied Recreation Center each patron is allowed to sign up for ONE 30 minute cardio machine reservation per day. The individual requesting to use the equipment must make their reservation in person. NO PHONE CALLS WILL BE ACCEPTED. If a patron has reserved a time on the equipment, they are entitled to it for the full 30 minutes. (i.e., an individual may go to the restroom or use other equipment then return and still use the elliptical within that ½ hour time frame). If you don’t show up within 10 minutes of your designated starting time, you forfeit your time on the equipment.
- **State Gym Cardio Equipment**
  - State Gym will be first come first served with a maximum of 30 minutes.
- Please ask the weight room staff if you would like assistance on how to use a piece of equipment. Personal Trainers are available by contacting the Fitness & Wellness Staff.
- Please do not place personal items on or around the desk or exercise areas. Storage space is available in day use lockers or cubicles.
- All patrons may use day-use lockers, but contents and locks must be removed on a daily basis.
- Locks will be cut off or lockers opened and contents will be cleared at the end of each day.
- Patrons should report missing items to the respective supervisor as soon as the items are noticed missing.
- Recreation Services is not responsible for lost or stolen items.
- If you are a non registered patron, under the age of 18, you are not permitted in the Cardio, Weight, & Fitness Areas.
- Report any damaged equipment, accidents, or misconduct to the weight room staff.
- Only Recreation Services Personal Trainers are allowed to train clients.