



FITNESS CENTER POLICIES

MAXIMUM CAPACITY - 10 PEOPLE

- 1.** MASKS must be worn at all times in the Fitness Center and when in any part of the Athletic Center.
- 2.** Sanitize hands when entering and exiting the Fitness Center.
- 3.** Maintain social distancing.
- 4.** Only specific Ellipticals & Treadmills are available for use.
- 5.** If a person is using a weight machine or is in a free weight area, the apparatus/free weight area on both sides of that individual must be left open until that person completes their set.
- 6.** No “spotting” of workouts. You can use the apparatus with the “weight stoppers” for bench press work.
- 7.** Please leave the room upon completion of your workout. No lingering or socializing in any area of the Fitness Center.
- 8.** When finished utilizing any equipment in the Fitness Center, please thoroughly clean the equipment and move away in order to allow use by the next individual.
- 9.** Proper athletic attire is required while exercising. Sneakers worn outside may not be worn in the Fitness Room. Shirts must be worn at all times. Midriff shirts are not allowed.
- 10.** No personal items (backpacks, basketballs, lacrosse sticks, ice bags, etc.) are allowed into the Fitness Center.
- 11.** Do not move equipment around or remove any items from the Fitness Center.
- 12.** Observe all Fitness Room policies at all times. Be aware of the safety needs of others and be courteous to everyone. This includes following social distancing rules, using appropriate language, music volume and content, etc.

TITANSTOGETHER