

Fitness Center Rules & Reminders

Please follow these rules to keep the space safe, respectful, & productive for everyone.

Access & Entry

- All users must sign in with their TAS ID at the front desk before entering.
- Always enter and exit through the sliding glass doors.
- Phones must stay in the yellow bin at the desk... they are not allowed in the training area.

Clothing & Footwear

- Proper athletic footwear is always required.
 - No crocs, slides, sandals, or bare feet.
- Athletic tops and bottoms must be worn. (Equivalent to PE Uniform)
 - No jeans, khakis, button down shirts, or dresses.

Lifting Safety

- Use clips or collars on all barbells before lifting.
- Use a spotter for heavy or overhead lifts.
- No maxing out without approval and supervision from fitness center staff.
- Slamming or throwing weights is not allowed.

Etiquette & Behavior

- Sanitize all equipment after use.
- Re-rack weights and return all equipment to its proper place.
- Use respectful language at all times.
- No photography or video recording is allowed inside the fitness center.
- No horseplay, towel-whipping, or disruptive behavior.

Culture & Values

This space is built on Respect, Responsibility, Kindness, Honesty, and Courage. Please demonstrate that in your use of the space.

Need help with a lift or your program?

Book an [appointment](#) with a fitness center coach. We're here to help.