Fitness Center & Fitness Equipment Activity Areas

Participants should seek a physician’s clearance prior to participation in any fitness or physical activity program.

Fitness Center Policies

In an effort to maintain a safe and comfortable environment, please adhere to the following practices and policies.

- Users must wear athletic-style shoes with closed toe/closed heeled footwear.
- Shirts that reach the top of the pants or shorts and fully cover the torso (chest, stomach, back, and sides).
- Athletic-style pants or shorts. Shorts must be of sufficient length to cover the gluteal fold.
- Equipment is to remain in its original area and not taken from floor to floor or building to building.
- Please return equipment to its original rack after use.
- Dropping or throwing of weights is prohibited unless the intended use is strictly for that purpose.
- Use equipment based on the guidelines suggested by the manufacturer or as suggested by RecWell staff.
- Collars (weight clips) must be used at all times where applicable.
- The use of a spotter or assistance from RecWell staff is highly recommended.
- Please clean equipment after use.
- Machines not in use should not be occupied (i.e. sitting, resting in-between sets, etc.)
- Food or gum is not permitted around equipment. Drinks must be in a non-breakable bottle with a screw on top.
- Personal belongings, including backpacks, duffle bags, jackets, etc., should be secured in a locker. These items are not allowed to be placed on the floor or around the fitness equipment.
- iPods, MP3 players, hand-held radios, or other personal music devices are only permitted with the use of headphones or earbuds.
- University Recreation and Wellness prohibits any supervised, formal, organized workouts by any group or team that is not part of the University Recreation and Wellness department. These groups may include varsity level athletic teams, student organizations, community groups, etc. Exceptions to this policy would require an eligible group to obtain a facility lease agreement where the group rents a space for their exclusive use if approved. Members who are part of a team or group may exercise and may have a specific program provided to them, however, at no time should they be lead through, trained, or coached during their exercise routine.
- University Recreation and Wellness prohibits any group or individual outside of the department from delivering personal fitness programs to participants in University Recreation and Wellness facilities. This policy also precludes these individuals/groups from recruiting clients within University Recreation and Wellness facilities.
Group Fitness Class Participation

**General Policies**

- Participants must have purchased a valid Fit Pass in order to participate in any Group Fitness classes. Pass verification is required at the class location prior to participation.
- All participants must wear clean, non-marking athletic shoes in order to participate in classes. Some exceptions are permitted based on the type of class (e.g. Yoga, Pilates, Aqua, Belly Dancing).
- Shirts that reach the top of the pants or shorts and fully cover the torso (chest, stomach, back, and sides.)
- Athletic-style pants or shorts. Shorts must be of sufficient length to cover the gluteal fold.
- Classes will be filled on a first come, first served basis. The instructor has the right to close a class, deny entry if it is filled, or deny entry if a participant arrives after the warm-up period or is 10 minutes late.
- Classes may be cancelled after the first two weeks of a session due to low attendance. Cancellations will be posted outside of the gym or studio no less than 3 days prior to the cancellation date. Class verification may be made by calling the auxiliary desk at (612) 624-4544 or by logging onto the website at [http://recwell.umn.edu/fitness/group-fitness.php](http://recwell.umn.edu/fitness/group-fitness.php).
- Participants are responsible for determining whether or not classes are appropriate for them and are responsible for monitoring their own exertion levels. Please consult with the instructor prior to the start of class if you have any medical/physical limitations or class concerns or with the instructor afterwards to provide feedback on their physical status.

**Cycling Classes**

- All participants are strongly encouraged to bring a water bottle to class; towels are recommended.
- All participants must wear athletic shoes; SPDs or clip in shoes specific to cycling are permitted.
- Participants may elect to bring their own seat cover.
- Participants may not manipulate or tamper with the construction or integrity of the bike.
- Participants may not bring their own pedals, cages, seats, etc.
- Participants are responsible for monitoring their own exertion levels. The instructor will suggest guidelines and ranges for monitoring intensity.

**Mind/Body Classes**

- Participants should wear shoes to and from the Yoga/Pilates classes.
- Mats are provided for use during class. Participants may bring their own mats. No personal mats may be stored within the facilities.
- All participants are strongly encouraged to bring a water bottle to class; towels are recommended.