

Fitness Participation Policies

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

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

Fitness Center & Fitness Equipment Activity Areas

- Participants must wear closed toe/closed heeled athletic-style shoes.
- Shirts must be worn that reach the top of the pants and fully cover the torso (chest, stomach, back, and sides).
- Athletic-style pants or shorts. Shorts must be of sufficient length to fully cover the gluteal area.
- Equipment is to remain in its original area and not moved from floor to floor or building to building.
- Bringing in your own personal equipment and chalk is prohibited. Exceptions to this are weight belts, gloves, wraps and any other personal support items.
- Please return equipment to its original location after use.
- Dropping or throwing of weights is prohibited unless the intended use of that equipment is intended for that purpose (e.g. medicine balls).
- Use equipment based on the guidelines recommended 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 utilizing provided wipes.
- Machines not in use should not be occupied (i.e. sitting, resting in-between sets, etc.).
- Food or gum is not permitted. Drinks must be in a non-breakable container 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, iPads, laptops, MP3 players, hand-held radios, or other personal music devices are only permitted with the use of headphones or ear buds. Exceptions are provided to RecWell programming.
- 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 restricts these individuals/groups from recruiting clients within University Recreation and Wellness facilities.

Group Fitness Class Participation

General policies that exist for all Group Fitness classes:

- All participants are strongly encouraged to bring a water bottle to class; towels are recommended.
- Participants must have purchased a valid pass in order to participate in any Group Fitness classes. Pass verification is required at the class location prior to participation. Exception to this is during periods when classes are free.
- All participants must wear clean, non-marking, athletic shoes in order to participate in classes. Some exceptions are permitted based on the style of class (e.g. Yoga, Pilates, Aqua, and Belly Dancing).
- Shirts must be worn that reach the top of the pants or shorts and fully cover the torso (chest, stomach, back, and sides.) Some exceptions are permitted based on the type of class (e.g. Yoga, Pilates, Aqua, and Belly Dancing).
- Athletic-style pants or shorts. Shorts must be of sufficient length that fully covers the gluteal area.
- Classes will be filled on a first come, first serve 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.
- 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 if you have any medical/physical limitations or class concerns before the class.
- Participants are responsible for monitoring their own exertion levels. The instructor will suggest guidelines and ranges for monitoring intensity.

Indoor Cycling Classes

- 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.

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.