

C A R I N G

Wellness Center Guidelines

Age Limit/Youth Policies

- Members/guests must be at least 12 to use Wellness Center equipment. Children under the age of 12 are not permitted in the equipment areas.
- Members/guests aged 12-14 are required to receive an orientation before using the Wellness Center equipment.
- Members/guests must be at least 14 to use free weight equipment unattended. Members/guests aged 12-13 may use free weights under direct adult supervision.
- Please do not leave children under the age of 12 unattended in the Wellness Center. This includes the pool observation area.

Equipment Guidelines

- It is highly recommended that all members receive an equipment orientation. You may sign up for this orientation at the Member Desk. Please see Wellness Center staff for orientation assistance.
- When doing multiple strength training sets, please allow others to complete their single sets. Please do not rest on machines.
- Please return weights, collars and other equipment to their proper place.
- Please wipe off equipment after use. Cleaning stations can be found throughout the Wellness Center.

Cardio Equipment Time Limits

During peak times, please limit your time on an individual piece of cardio equipment to 45 minutes. Peak times are 6:00-8:00am, 11:00am-1:00pm and 4:00-8:00pm.

Clothing

- Proper workout attire is required. Please do not wear clothing with rivets or exposed metal parts, as this may tear equipment seat covers.
- Appropriate footwear is required when using the exercise Equipment. No open-toed shoes may be worn in the strength training areas, and no hard-soled shoes may be worn on cardio equipment.

Cell Phones

- Cell phones may be used in the 1st floor lobby *only*.

Food and Drink

- Food and open drinks are not allowed in the wellness center.

Lockers/Coat Hooks

- Please store all belongings in the 1st floor locker rooms, or use the blue lockers and coat hooks on the Wellness Floor. Coats, bags and other belongings may not be left anywhere on the Wellness Center floor.

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RESPONSIBILITY

Cardio Signup Procedure

1. Please use the sign up system every time you use the equipment, even if there are other pieces open.
2. Each piece of cardio equipment (except the NuSteps) is numbered. Find your equipment on the sign up board and put your initials next to the times you would like, in 15 minute increments (see below).
3. There is a 45 minute time limit on all cardio equipment, including setup and cleaning.
4. Always round *up* to the nearest increment. For example, if you would like to use a piece of equipment for 35 minutes, sign up for 45 rather than 30 minutes.
5. We ask that you not sign up for more than one piece of equipment at a time, and that you not sign up more than an hour in advance.
6. If you need assistance our Wellness Floor staff will be happy to help.

Important: If you are more than five minutes late for your machine, you forfeit your spot. Please do not leave your machine for more than five minutes, as this may give others the impression that you have finished your workout, and your machine is available.

EXAMPLE:

Octane Ellipticals				
	JAN	5:30am to 5:45am		
	JAN	5:45am to 6:00am		
1	2		3	4
	JAN	6:00am to 6:15am		
		6:15am to 6:30am		
		6:30am to 6:45am		

The person above has reserved Octane Elliptical #2 for 45 minutes, from 5:30am to 6:15am.