

FITNESS CENTER POLICIES

- Misconduct or failure to follow facility policies may result in ejection and/or loss of facility privileges.
- Individuals are responsible for their own health and safety.
- Please follow all posted notices regarding Fitness Center policies.
- Carefully read and understand posted instructions before using exercise machines.
- **ALWAYS** use a spotter when weight-training. Fitness Center Desk Attendants are available as needed.
- A valid LMU ID is **required** to access/use the LMU Fitness Center.
- Shirts and athletic shoes must be worn at all times. No sandals, boots, or bare feet permitted. All personal belongings (clothing, books, bags, etc.) are to be left in the cubbies provided in the front of the Fitness Center. Any lost or left behind items will be logged and stored securely for 90 days, then donated.
- Equipment must be wiped down with paper towels and disinfectant (located throughout the facility) after you finish an exercise.
- No food, canned beverages, glass containers, or cups are permitted in the exercise area. Water and supplements are permitted in the exercise area in a sealed plastic container (Ex: protein shaker with a snap lid, Nalgene bottle, plastic water bottle, etc.).
- Please adhere to 45-minute rule when patrons are waiting to use equipment.
- Do not drop weights unless you are on the lifting platform. Slamming of weights is **never** permitted.
- Do not lift free weights near windows or mirrors.
- All weights and equipment must be returned to appropriate places after use.
- Music players without the use of headphones are not permitted.
- Keep hands and feet clear of moving parts while using machines.
- Do not operate or attempt to repair machines with loose or damaged parts. Notify Fitness Center Attendant of any broken/malfunctioning equipment immediately.
- Coaching, teaching, instruction, and personal training for personal financial gain is not permitted.
- Minors are not permitted in the Fitness Center.
- Please be respectful of others, the equipment, and the facility.

If you have any questions, concerns, or suggestions please contact:

Porscha Yeary

Coordinator for Recreation and Wellness

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