

## **Recreation Center Rules**

1. All members must check in at the front desk using a valid, scannable FGCU ID or show proof of membership in order to utilize the facility. All members must be 18 years of age or older.
2. Users exercise at their own risk. Know your limits and consult with a physician before beginning any exercise program.
3. Proper workout attire is required. No exposed mid-drifts or chests. Jeans and clothing with belts are prohibited. Recreation Center staff will have the final say on appropriate workout attire.
4. Rubber soled athletic footwear required. No open toed or heeled shoes allowed.
5. Please limit the use of cardio equipment to 30 minutes when others are waiting.
6. Re-rack weights, bars, and dumbbells when finished– any inappropriate use of the equipment is not acceptable.
7. The slamming of weights is NOT permitted.
8. Clips and other safety devices must be used on bars at all times.
9. Please wipe off equipment after each use. Wet wipes are available for use.
10. No fitness equipment should be taken out of the facility at any time unless authorized by staff.
11. Personal belongings are not allowed on the fitness floor. Lockers and cubby holes are available for use during workout.
12. Recreation Center Staff is not responsible for lost or stolen property
13. No cell phone usage while on equipment or participating in group fitness classes.
14. Inappropriate language and behavior will NOT be tolerated.
15. Drinks must be in a closed, non-glass container.
16. Unauthorized personal training is NOT permitted.
17. Failure to follow or adhere to the above rules and/or the direction of Recreation Center staff may result in dismissal from facility, revocation of membership, or judicial review.

If you have any questions or need special assistance/accommodations, please see Recreation Center Staff.