

FITNESS CENTER REGULATIONS

No person is permitted to use the Fitness Center or outdoor recreational athletic facilities until the individual has reviewed and signed all applicable forms. Guests of UJ students, faculty and staff are not permitted to use the fitness center.

Hours of Operation

The Auerbach Student Union Fitness Center is open daily:

6:00am – 1:00am for UJ students and MSMC residential students

6:00am – 8:00am, 12:00pm – 2:00pm, 5pm-7pm for UJ Faculty and Staff

Rules and Regulations

- All patrons must carry their UJ ID card with them to the fitness center and present it when asked by a staff member.
- Appropriate shirts and shoes along with proper exercise pants (i.e. athletic shorts, sweats, leotard or windpants) are required. Unacceptable forms of attire include jeans, khakis, cut off denim, bathing suits, bikini tops, thong leotards, boots, and shoes with soles that will mark the floors. **Shirts must be worn at all times.**
- No foods, drinks (water permitted) in the fitness area. All bottled water must be removed from the fitness center upon user departure.
- Chewing gum must be disposed of in the trash receptacles provided.
- Profanity or abusive language is prohibited.
- No one under the age of 17 is permitted to work out in the facility without proper supervision.
- All electronic and equipment units, may not be moved at any time. The only exception is for free weights and exercise balls.
- Patrons must abide by all policies set forth by the Facilities Staff. Such policies may include but are not limited to regulations regarding risk management issues, informal game playing etiquette, and proper usage of equipment.
- For safety reasons you must have at least two people present to use free weights.
- Patrons must pay careful attention when using free weights to avoid damage to the floor.
- Use of personal stereos is acceptable with the use of headphones or when other patrons are not present.
- No tape may be placed on the floor of the aerobic/fitness rooms.
- Patrons must wipe down equipment after every use.
- Users are required to have full-length towels on all machines-wash towels and hand towels will not be accepted.
- Permission must be granted before any alterations may be made to equipment or facilities.
- Patrons must abide by all policies set forth by the university. Such policies may include, but are not limited to, regulations regarding proper usage of equipment, proper sanitary considerations, or risk management issues.

Lockers and Showers

- Lockers and showers are for the use of Faculty, Staff, and commuting UJ students. All residential students are prohibited from using locker space.
- The University has placed a lock with key on each locker. This is the only lock that may be used. At the conclusion of each use, the key and lock must be left on the assigned locker. Locks may not be left on the lockers after patron has left the Auerbach Student Union. All personal locks will be cut off and any possessions in the locker will be brought to the Office of Residence Life. All patrons in violation of this rule will be charged a fine of \$20 to replace the lock and/or key, and to have any possessions in the locker returned to them.
- All patrons using the fitness center showers must wear proper shower footwear (flip-flops, sandals, aqua socks).
- Any shampoo, soap, body lotions, or other shower amenities will be provided by the patron utilizing the showers and either disposed of or removed from the area after use.
- Patrons may not enter into the Locker/Shower area of the opposite gender. Violation of this policy will at a minimum result in Student Center privileges being taken away.

Violation of these policies or failure to comply with reasonable directions and requests of University officials (including Resident Advisors) acting in the performance of their duties will result in immediate disciplinary referrals to the Associate Director of Residence Life.