



Fitness Center

Open Recreation Hours

1/14/19—5/23/19

College Closed Jan. 21, May 24-27, 2019

Monday - Thursday

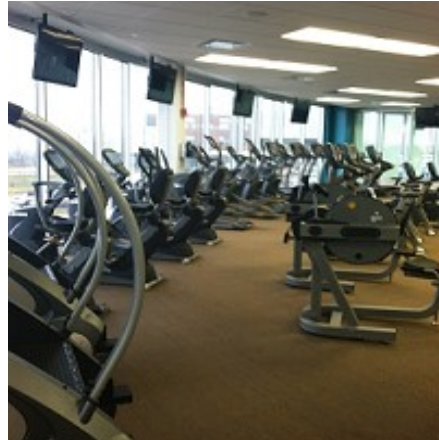
7:00 a.m. - 7:00 p.m.

Friday

7:00 a.m. - 2:00 p.m.

Saturday

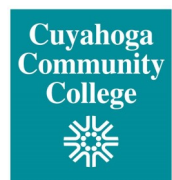
9:00 a.m. - 2:00 p.m.



THINGS TO REMEMBER

- Valid & current ID or Guest Card
- No personal belongings
- A quality lock for your locker
- Leave your valuables at home
- For more details see the rules on the back of this sheet
- Times may be subject to change

For more information: Recreation Department ESS 1521 (216) 987-2248
www.tri-c.edu/recreation



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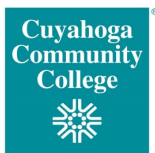
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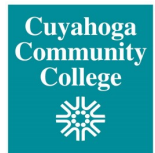
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Fitness Center Rules and Regulation

1. Must present a current My Tri-C student/staff/faculty ID or Guest Card.
2. No one may enter and use the weight room without an attendant or instructor on duty.
3. Weight room tours must be scheduled with the Recreation Coordinator.
4. Appropriate exercise attire is required—no exercise attire.
5. No sandals, boots, hard-soled shoes, open-toe shoes, slip on shoes, jeans, cutoffs, cargo pants or shorts (to include anything with buttons, rivets, visible zippers or chains). No pajamas. No bare chests, visible nipples, or showing mid drifts.
6. Shoes must be worn at all times.
7. Personal belonging to include: backpacks, coats, purses, wallets, umbrellas, excess clothing and shoes must be LOCKED in lockers. Please keep al valuables at home.
8. Desk attendants are prohibited from accepting patron’s personal items while they’re working out.
9. Make sure your shoes are clean and free of sidewalk salt, excessive dirt and mud.
10. No gum chewing or food permitted in the weight room.
11. Water and sports drinks are permitted, but must be in a plastic container with a spill proof lid.
12. Refrain from using profanity.
13. Be courteous, share equipment and allow others to work in between your sets.
14. Anyone injured in the weight room must immediately report the accident to the staff or instructor on duty.
15. Use a wipe to wipe down pads and handles of the exercise equipment before each use.
16. Unsafe use of equipment will not be tolerated. Equipment is to be used for its intended purpose only.
17. Do not attempt to repair or adjust any equipment that has malfunctioned.
18. Report any equipment problems immediately to the staff on duty.
19. If you are unfamiliar with the machines, refer to the manuals at the front desk. Desk attendants are not qualified to tell you how to work out on the machines, but can show you how to turn them on and start programs.
20. Rack all weights after each use and return all equipment to its proper place.
21. Always use a spotter when lifting heavy weights or attempting a maximum weight.
22. Weight lifting chalk is prohibited.
23. Do not slam weights together or drop dumbbells, barbells, or plates on the floor or on the rack.
24. No persons under the age of 18 are permitted in this facility, unless enrolled in a credit course.
25. Academic classes have priority of equipment use.
26. The rules will be enforced by the attendants; arguing with the attendant on duty will not the rules.
27. Anyone creating a disturbance or a problem with the staff will be asked to leave or will be escorted off the premises by campus police.



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