

UNMANNED FITNESS CENTER POLICY



Must be 18 years or older

1. Follow all posted facility rules.
2. Use gym equipment at your own risk.
3. Wear proper gym attire.
4. Use a towel for the benches.
5. Wipe down all equipment after use.
6. Pick-up after yourself. Ensure all equipment gets placed back in appropriate storage location.
7. No dropping dumbbells or kettlebells.
8. No food, pets, alcohol, glass containers, smoking or 'horseplay'.
9. MWR is not responsible for lost or stolen personal items.
10. Partnered workouts highly encouraged.

Call 911 for Emergencies
Location: Bldg. 407
Cardio/Weight Room Annex

Questions?
Call 264-6160

