

GYM RULES

(= GUIDELINES FOR USING THE GYM)

1. The gym may only be entered with appropriate athletic shoes (no street or tennis shoes!) and workout attire.
2. Towels must be used.
3. Please note that USI staff or instructors are authorized to check the validity of registration slips.
4. Equipment used (weight plates, bars, dumbbells, etc.) must be returned to their designated places after use.
5. Please be advised that the lockers are not intended for long-term use. We kindly ask you to vacate the lockers after completing your workout.
6. Opening the glass sliding door is only permitted for USI staff or instructors.
7. Entering or exiting the gym through the glass sliding doors is not allowed.
8. Gym cardholders may only use the gym outside of scheduled class times.
9. Violations may result in the gym card being revoked for the duration of one semester.