

# Fitness Center Policies

**B**elow are the policies and rules for the proper use of the Lincoln Laboratory Fitness Center. If there is anything you don't understand – please feel free to ask at the Fitness Office for an explanation of what is unclear. The fitness Center Staff and members thank you for your attention to our rules – both for yourself, and for your colleagues.

- You must use your membership I.D. Fob for admittance into the fitness center.
  - I.D. fobs may not be shared. Anyone found using someone else's I.D. fob will be asked to leave the facility. This could also warrant suspension or termination of the membership
  - A \$10 fee will be charged to replace a lost or damaged Fitness Center I.D. fob
- No tailgating; do not allow other people to tailgate.
- Children, under the age of 18, are not permitted in the Fitness Center
- Lockers are for use only while in the Fitness Center. Locks will be cut off if left on Locker overnight
- Towel Service is limited to ONE SHOWER TOWEL and ONE WORKOUT TOWEL per person, per visit
  - Please do not use more than your fair share. This, together with the theft of towels, increases expenses of Fitness Center – which could in turn increase membership fees.
  - Please return towels to the hamper at front desk or back door.
  - If you lose your towel card there is a \$10.00 charge for replacement
- Proper Hygiene required – Clean clothing must be worn while working out
- Inappropriate body odor is offensive – make sure you are clean when you come to the Fitness Center. Dry, closed-top athletic shoes are required. No dress shoes, boots or sandals are permitted.
- Keep the Fitness Center clean – Throw all trash in the trash cans.
  - Leave nothing behind – what comes in with you, goes out with you – or into the trash cans.
- Use the Equipment Properly

- Do not sit on equipment between sets
- Do not use weights while on cardio equipment
- Misusing the equipment can result in injury and/or damage to the equipment; follow directions and instructions. Ask for assistance from the fitness staff if you are unfamiliar with equipment
- Please return weights and plates to respective racks when you complete your workout
- Clean the machines you use
  - Members are required to clean each machine including free weight benches and mats after use.
- Cardiovascular equipment use is limited to 30 minutes when there are people waiting
- Don't disrupt Classes
  - Be on time for group fitness classes. It is disruptive to the other participants and the instructor when you arrive late. The instructor has the right to refuse admittance.
- No Cellphone use in the Fitness Center
  - Please use your phone in the lobby between Medical and the Fitness Center (not at the front desk) or go outside.
- Do not touch Televisions
- Members and visitors must exit the Fitness Center promptly at closing time
- Individuals not adhering to these policies may be asked to leave the facility. Management reserves the right to revoke the membership of anyone who violates the rules