

# **WELLNESS CENTER/TRACK/GYM**

## **RULES**

- **CLEAN, DRY, ATHLETIC SHOES ONLY**
- **WEAR APPROPRIATE CLOTHING:  
SHIRT/PANTS/SHOES AT ALL TIMES; NO  
BIKINI/MIDRIFF TOPS/SHORT SHORTS**
- **DO NOT DROP OR BANG WEIGHTS**
- **RE-RACK WEIGHTS WHEN FINISHED**
- **WIPE DOWN EQUIPMENT AFTER EACH USE**
- **USE APPROPRIATE LANGUAGE**
- **PLEASE BE RESPECTFUL TO ALL TRACK USERS:**
  - **SLOWER TRAFFIC ON INSIDE LANE**
  - **FASTER TRAFFIC ON OUTSIDE LANE**
  - **PASS ON THE OUTSIDE**
- **NO FOOD OR DRINK IN WELLNESS CENTER-  
COVERED WATER BOTTLES OK**
- **NO BALLS OR EQUIPMENT ON TRACK**

- **STAY MOVING ON THE TRACK-NO  
STANDING/SITTING**
- **NO DUNKING BASKETBALLS OR HANGING ON  
RIM**
- **OPEN GYM ACTIVITIES ARE ON A FIRST COME  
FIRST SERVED BASIS**