

WELLNESS CENTER/TRACK

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