

Fitness Center Rules

- You must submit your student ID card to the Wellness Center Staff and sign in every time you enter the facility
- All fitness center users must be active student or employee of the Bryn Athyn College and at least 17 years of age.
- No tobacco, drugs, or illegal substances of any kind are allowed in the facility or on grounds.
- You are expected to act in a courteous and respectful manner. You are required to follow the instructions of the Wellness Center staff at all times. Profanity, yelling, rude or boisterous behavior will not be tolerated.
- Personal headsets or earbuds are welcome as long as the volume is not disruptive to others. No personal boom boxes, blue tooth speakers, or Stereos allowed.
- Food is not allowed in the facility. Closed beverage containers containing water are permitted. No glass containers are allowed.
- Please wipe down the equipment after use.
- No equipment is to be moved from its designed area and may only be taken out of the Fitness Center if checked out at the front desk.
- Athletic Attire must be worn to use the Fitness Center. Closed-toes shoes appropriate for exercise must be worn at all times. Sweatshirts, t-shirts, shorts or exercise pants. No cut-off jeans, shorts and t-shirts. Shirts must be worn.
- Users are not allowed to leave bags or backpacks in the workout area. All personal belongings should be left in the lockers.
- Weight plates are not to be leaned against equipment standards and machines. After utilizing equipment, strip bars and return plates and dumbbells to proper storage areas. Dumbbells and weight plates cannot be dropped on the floor for any reason. Fitness Center participants should report all equipment malfunctions, personal injuries, and specific concerns immediately to the staff.
- Use of the Fitness Center is considered a privilege. Individuals who do not comply with the established policies will be asked to leave and may have their membership revoked.