



Monroe Community College
STATE UNIVERSITY OF NEW YORK

Please be aware of the following guidelines when using the Fitness Center:

1. Current, valid MCC College ID required and must be presented upon check-in.
2. All students, faculty, and staff must sign in.
3. Please note that access to the Fitness Center after open hours have ended are strictly prohibited.
4. Change in the locker room. All gym bags, books, and clothing are to be left in your locker. Record your locker number on sign-in sheet.
5. Only proper gym clothing acceptable. **Jeans and jean shorts are not acceptable.** Wear gym shoes-sneakers. No boots or sandals allowed!
6. No food or soft drinks allowed.
7. Water bottles are not to be placed on top of equipment.
8. Put all weights back on the racks when you are done with them.
9. Please do not allow weights to be placed leaning against the walls.
10. Report all defective equipment to staff on duty.
11. Please wipe down equipment after each use.
12. There is a no guest policy.
13. No children are allowed.
14. Staff are not trained to be fitness coaches, please follow the directions on each equipment for use.
15. Music selection is left to the discretion of the staff on duty.
16. Please do not touch the controls on the flat screens.

Have a Safe and Enjoyable Workout