

Strength and Cardio Policies

Updated 8.24.16

1. All patrons utilizing the strength and cardio equipment must be at least 18 years of age or a current WSU student.
2. Proper athletic attire is required in the gym and activity studios:
 - a. Footwear: Closed toe athletic shoes must be worn at all times, with the exception of mind and body group exercise classes. Dress shoes, sandals, deck shoes, cleats, and black marking shoes are not allowed.
 - b. Clothing: Patrons must wear shirts and bottoms at all times. Shirts should cover the entire chest and torso. Athletic attire is recommended. No jeans, belts or pants that contain zippers, rivets, belt loops or buttons are permitted. No suits that inhibit body heat transfer or training masks that restrict breathing may be worn.
 - c. All clothing and footwear should be free of dirt, mud, snow, etc.
3. Personal items should be stored in a locker or available cubbies. Employees are not permitted to hold items for patrons. WSU is not responsible for lost or stolen items.
4. All weights, kettlebells, medicine balls, equipment attachments, and weight bars must be returned to appropriate rack after use. All equipment must remain in their designated strength and cardio area.
5. Slamming or dropping weights is not allowed, with the exception of lifts performed on Olympic platforms.
6. All equipment should be cleaned after use.
7. Food, gum, tobacco, and beverages other than water are not permitted without prior consent from the professional staff. Refrain from mixing powdered drinks in the facility.
8. There is a 30-minute limit on all cardiovascular equipment while others are waiting.
9. Please share the equipment by permitting others to work in between sets. Limit lengthy rest between sets while patrons are waiting.
10. For your safety, please abide by all staff requests.
11. Patrons are prohibited from taking photos or video of other patrons in the facility.
12. Headphones are required for all electronic devices that emit a sound.
13. Personal training or private instruction is restricted to individuals specifically employed by WSU.
14. Multipurpose studios may only be used for scheduled group exercise classes, personal training, and WSU approved activities.
15. Failure to abide by policies and procedures may result in loss of user privileges.