

# ***Fitness Center***

## ***Rules & Regulations***

### **Hours Of Operation:**

**Monday – Thursday 2:00pm – 10:00pm**

**Friday 12:00pm – 10:00pm**

**Saturday & Sunday (Closed)**

#### **What to wear:**

- Clean athletic t-shirt or sweatshirt (no buttons or zippers)
- Clean athletic shorts (no zippers)
- Clean athletic pants/jogging pants (no zippers)
- Closed toe tennis shoes

#### **What NOT to wear:**

- Jeans or any type of formal pants with a zipper
- Cargo shorts
- Open toe shoes (ex. sandals and crocs)
- Cleats
  
- Non-clean clothing

#### **What YOU CAN bring:**

- Your Current FMU identification card (mandatory)
- A clean towel (mandatory)
- Plastic water or Gatorade bottle (optional)
- Ipod or MP3 player (optional)
- Headphones (optional)

Our staff reserves the right to refuse admittance to anyone that is not appropriately dressed to work out in the fitness center. Any questions regarding appropriate attire may be brought to the Intramural Sports office.

