



CARDIOVASCULAR FITNESS

AREA RULES:

- Participation is “at your own risk.”
- In the event of an emergency please contact recreation staff or dial 911.
- If there is damaged equipment, please contact recreation staff.
- Participants must be at least 14 years old.
- Appropriate athletic apparel including nonrevealing shirts, athletic shorts or pants, and closed toed/closed heel athletic shoes are required to be worn. No jeans, slacks, or studded clothing on upholstered equipment or on any cardio seats.
- Inappropriate behavior will not be tolerated in the facility.
- For safety reasons, all personal belongings need to be placed in cubbies or lockers. GVSU is not responsible for any belongings lost or stolen.
- Plastic or reusable water bottles are acceptable.
- Wipe down all pads and equipment with sanitizing wipes that you come in contact with following use of machine.
- Excessive or intense exercise can become unsafe if overdone. Listen to your body, and if you have questions regarding your workout please consult our fitness and wellness services located within the Campus Recreation office.