



INSTRUCTIONAL FITNESS STUDIO 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 or dance shoes are required to be worn. Please tuck shoelaces in if you are spinning.
- For safety reasons, all personal belongings need to be placed in cubbies or lockers. GVSU is not responsible for any belongings lost or stolen.
- Inappropriate behavior will not be tolerated in the facility.
- Plastic or reusable water bottles are acceptable.
- If you are unsure on how to use a piece of equipment, please ask a staff member.
- All activities and classes require prior approval and reservation from professional staff to use this space.
- Instructor or supervisor with approved credentials must be present at all times.
- Use of this area and the sound system require approval from Athletic and Recreation Facilities Management, Campus Recreation, or Movement Science.
- Wipe down all pads and equipment with sanitizing wipes that you come in contact with following use of machine.
- Do not take equipment out of the room.
- Any use of outside equipment requires prior approval from GVSU professional staff.
- Please clean equipment after use and return equipment where you found it.