

Julianne Argyros Fitness Center Rules and Regulations

Valid Chapman University ID is required for check-in.

The following are prohibited in the Fitness Center:

- Food and gum
- Drinks other than water in the workout area
- Glass containers
- Photography or filming of any kind unless written permission has been granted by the University
- Bags of any kind in the workout area
- Animals (except service animals)
- Hand weights and dumbbells on any cardiovascular equipment
- Removing weights from the Fitness Center

Acceptable Attire:

- Athletic shoes are required in the Fitness Center at all times: no open-toe shoes, boots, sandals, dress shoes, cleats, etc.
- Athletic attire is required in the Fitness Center: no denim jeans, pants with metal rivets, or belts
- Upper bodies should be covered front and back to limit skin contact on equipment, half shirts or tops of any kind are not allowed.

Fitness Center etiquette requirements include:

- Wiping down machines and mats after use
- Limiting time on cardiovascular equipment to 20 minutes when people are waiting
- Carefully setting down weights on the Fitness Center floor or appropriate storage rack (weights must not be dropped)
- Properly racking dumbbells and plates after usage

Safety Requirements:

- Barbell safety collars must be used at all times
- Visitors touring the facility may not participate in any Fitness Center activity and must follow all policies while in the Fitness Center.
- Persons with injuries requiring casts, slings, or braces may not use the Fitness Center

Fitness Center shelves and cubbies are provided for personal gear. Please do not store valuables in these areas. The University will not be liable for lost or stolen items.