



Fitness Center Regulations

- 1. The Fitness Center is available to students, staff and faculty of PVCC only.**
- 2. A new Assumption of Risk form MUST be completed for every participant, EACH new school year.**
- 3. All Faculty, Staff and Students must sign in with their ID #'s upon entering the Fitness Center.**
- 4. Proper gym attire and fitness footwear is required; no street clothes.**
- 5. Day lockers are available in the locker rooms along the 100 hallway. You must provide your own lock. If enrolled in a PED course, you may use a locker for the semester. All lockers used over night require sign in on the sheets located on the locker room doors. Otherwise, any books, backpacks, laptops, coats etc. must be placed on the labeled shelves in the weight training room. PVCC is not responsible for any lost or stolen items.**
- 6. If you are unfamiliar with use of equipment, ask a Fitness Center attendant for help.**
- 7. All equipment must be returned to its proper location; this includes equipment taken from one room to the other.**
- 8. Individual disinfectant wipes MUST be used to clean all equipment after use.**
- 9. Food is not allowed in the Center. Drinks must be in plastic or metal containers, no glass.**
- 10. The Fitness Center is not open for use while any of the PED classes are in progress.**
- 11. Please report any equipment that is broken or in need of repair to the fitness attendant.**
- 12. The computers are for classroom use only.**
- 13. In order to use the TRX Suspension Training, you must first be trained by the Fitness Center Supervisor.**

We are always aiming to improve the Fitness Center. Feel free to let us know your thoughts and suggestions. Be Fit!

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