


THE SONNENTAG

Sonnentag Fitness Center Policies

1. Participants must be at least 16 years of age to access the Fitness Center.
2. All participants are required to re-rack weights and return equipment to its designated location after use. Repeated violations may result in loss of Fitness Center privileges.
3. To minimize the risk of disease transmission through exposed skin, participants are encouraged to clean fitness equipment before and after use and be mindful of skin contact with shared surfaces.
4. Appropriate athletic attire must be worn at all times within the Center for Health and Wellbeing. Clothing should fully cover undergarments to promote hygiene and maintain a respectful environment.
5. Closed-toe, full-back athletic shoes with non-marking soles are required in all activity areas. Open-toed, open-heeled shoes, including sandals and flip-flops, are not permitted, except during approved programs.
6. Training in socks is permitted only within the lifting rack area. The use of barefoot shoes or similar protective footwear is strongly recommended.
7. During NCAA athletic team reserved sessions, the equipment used by these teams is not available for public use.
8. Jewelry should be removed or minimized to reduce the risk of accidental entanglement.
9. Personal belongings must be stored in designated lockers or cubbies. The Sonnentag staff is not responsible for lost or stolen items.
10. All users must disinfect equipment with provided gym wipes or towels after each use. Disinfectant supplies are located throughout the facility.
11. Only drinks in non-breakable, closed containers are allowed. Report spills to staff immediately. Food is not permitted.
12. Personal music devices must be used with headphones. Please adhere to posted safety instructions when using fitness equipment.
13. Keep hands and feet clear of moving machine parts at all times.
14. Fitness Center equipment must remain within the designated area and may not be relocated.
15. Cardiovascular equipment use is limited to 30 minutes when others are waiting.
16. During busy periods, equipment such as dumbbells and benches must be shared. Staff may request users to alternate usage.
17. Collars must be used on all free barbell lifts.
18. Controlled dropping of weights is permitted only on the lower level. Weight dropping is strictly prohibited on the second floor.

- 
19. Improper equipment use, including standing on or misloading equipment, is not allowed. Staff will determine what constitutes unsafe practices.
 20. Weights must not be leaned against walls, mirrors, or other equipment.
 21. Chalk use is allowed only in the lifting rack area. Users must clean up after use. Liquid chalk is not permitted.
 22. Participants unfamiliar with equipment operation should seek assistance from trained Sonnentag staff.
 23. Outside personal training services are not allowed within the facility.
 24. Report all injuries or equipment/facility issues to staff immediately.
- 