



## FITNESS CENTER GUIDELINES

- All users of the fitness center must sign in upon entering the facility.
  - Consult a physician before beginning an exercise program.
    - For your safety, please use equipment as directed.
- Fitness center is not supervised at all hours, use equipment at your own risk.
- Stop exercising if you feel faint, dizzy, exhausted or have any feelings of discomfort
- In the interest of hygiene, please wipe down equipment after use
- Elmira College is not liable for personal injury, loss of property or any other claims arising out of the use of this facility or equipment.

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