



## Hours

Monday-Thursday:

7:00a.m.- 6:30pm

Friday 7:00a.m.-6:00pm

Saturday-Sunday: Closed

## Fitness Center Guidelines

- ★ Anyone wishing to use the facility must be enrolled in the course as credit, non-credit, or be a monthly member. Children under the age of 16 are not permitted in the Fitness Center.
- ★ All persons using the Fitness Center must wear proper attire in order to workout. Anyone not wearing such items will be asked by a staff member to leave or change (see the next page for details on proper attire).
- ★ Leaving personal belongings in the Fitness Center will NOT be tolerated. You may use the locker rooms to store these items. Keep in mind these are daily use lockers. You must remove all personal belongings when you are finished using the Fitness Center daily. We strongly encourage you to bring a lock so that you can lock these items up. We do have locks in the Fitness Center that you may borrow but you must sign them in and out using the log up on the counter next to the workout logs.
- ★ We encourage you to bring a towel to help us keep the equipment clean and as a courtesy to others.
- ★ All members should clean equipment after each use with the towels on the top of the metal trash cans. Please use only 1 towel per person per visit and place the towel in the receptacle when finished using. These towels are not to be used for sweat towels they are for cleaning purposes only.

- ★ No food or drinks are allowed in the Fitness Center other than clear capped bottles of water, and we encourage you to bring water. Gatorade, Powerade, Soda, and Pre-workout drinks are not permitted due the damage they can cause to the equipment.
- ★ We keep track of your workouts. Please sign in on the Sign in sheet and on the Gold slips found in the corner on the south side of our desk. Avoid making too much noise. This is a public area, and others are trying to focus on their workouts.
  - ★ Ear buds are required and music should not be loud enough for others to hear.
  - ★ Cell Phones are to be used for music only. Cell Phones must be silenced, and you may NOT make or receive phone calls while in the Fitness Center. Selfies or pictures of any kind are not permitted.
  - ★ **NOTE For your safety:** If you are caught texting, using the internet, or doing anything other than listening to music while on the treadmills the following consequences will be administered: (No Exceptions)
    - 1st offense: You will be told verbally to stop
    - 2nd offense: Your workout will not count for the day
    - 3rd offense: You will not be allowed to use your cellphone while in the fitness center for the remainder of the 8-week course
  - ★ If you bring an Ipad or tablet into the Fitness Center you may use it any way you like on the bikes and ellipticals. For your safety, if you are on the treadmills you may read or watch a movie. Failure to comply will result in the above mentioned.
  - ★ For safety purposes, you may not use keyboards (virtual or physical) on electronics while on the treadmills.
  - ★ Please have your music playlists ready to go when entering the Fitness Center. You should not be changing music on electronics once you begin your workout especially the treadmills. Failure to comply will result in the above mentioned.
- ★ Profanity will not be tolerated in the Fitness Center.
- ★ Students wishing to take a Fitness Center Course must be enrolled no later than the first week of the 8-week course. Students will not be permitted to enroll in the Fitness Center Course after the Friday of the first week of the course. If you are not actively participating in the course during the first week or the 4th week of the

course you will be dropped and not allowed back in. If you miss more than 2 weeks of the course you will be dropped and not allowed back in. No Exception.

- ★ A Remind/text messaging app is required for this course. You will be reminded every Wednesday and Friday of workouts due. The Fitness Center Coordinator will be using this technology as an additional form of communication. You may text message the Coordinator through this app. Any student not appearing on the Remind App class roster by the first Friday of the course will be removed from the course and not be permitted to be readmitted to the course. You are welcome to join the late-start course in the second portion of the 16-week term. If you do not have a cell phone please let the Coordinator know and we will address the issue accordingly.

Please remember that our fitness classes are indeed classes. Thus, we expect you to model the same type of behaviors you would use in a “normal” classroom. The staff on duty defines inappropriate behavior and you are expected to honor their suggestions. Be mindful of others, following the guidelines, when in the Fitness Center by speaking in a manner that is not distracting to others and showing respect to our staff and classmates.

Failure to comply with the above guidelines may result in being asked to leave for the day and the staff or the coordinator, will deal with the matter accordingly, up to and including filing an incident report with the Danville Area Community College.

## **Fitness Center Dress Code**

The dress code is to help prevent bacteria, disease transmission, injury, excessive equipment wear and/or damage and prevents others from being offended by what one is or is not wearing. Anyone not wearing the following dress code will be asked to change or leave. No Exceptions.

- ★ Shirts must cover full chest, midriff, upper arm, and back. Tank tops, sleeveless shirts, and capped sleeves are not permitted.
- ★ No shirts or sweatshirts with gaping arm holes, offensive language, or logos will be tolerated.
- ★ Proper workout bottoms-athletic shorts (of modest length) pants, sweatpants, windpants, and yoga pants or capris.
- ★ Jeans, yoga pants that look like jeans, skirts, or dresses are not to be worn in the Fitness Center. Nothing with cargo pockets or rivets are allowed.

- ★ Please be sure to wear proper athletic shoes that are cleaned and tied. Street shoes, open backed shoes, sandals, or bare feet are not allowed. Shoes must be free of dirt or debris.
- ★ Earrings should be no bigger than a quarter.
- ★ Chains should be removed or tucked in.

## **Attendance/Grade Guidelines for Credit Students:**

You may take the Fitness Center for a grade up to four (4) times then you may take it as a non-credit course for as long as you wish. You may also take it as a pass/fail course. See your academic advisor to discuss your options.

You are limited to a maximum of three workouts (90 minutes) for credit in a day. However, you are encouraged to work ahead, so you may work out on additional days to get ahead. This class can be completed in 8 days by doing three 30-minute workouts per day. We strongly encourage that you work ahead as there are no extensions. (ie: busy schedule, family issues). Once you have completed your 24 total workouts, you may continue to workout at your leisure. It is not required for you to continue to workout unless you want to.

One workout on either the stair machine, recumbent bike, elliptical, or treadmill walking at (3.0 or higher) will take you 30 consecutive minutes before it will count as a workout, but you may do 15 minutes on different cardio machines (listed above) as long as the total minutes result in a total of 30, 60, or 90 minutes.

If you choose to do cardio for your workouts you must be walking or running forward. The pedals should be moving at all times while on any bicycle. If you are not fully engaged in any exercise or cardio machine, you will be asked to leave for the day and your workouts will not count.

The weight circuit starts on a white bike and ends on a white bike. The circuit will take you 17 1/2 minutes to complete. You must do the circuit in order; no skipping machines and you must use our music. To complete a full workout, you will need to complete the circuit and add one 15 minute cardio workout as mentioned above or do the circuit twice.

You now have the option of using just the weights in the circuit to count as a workout. However, you must use the machines in order and use our music in order for it to count.

You must do a minimum of 2 weight circuits and add the cardio mentioned above or do just the weights 4 times for it to count as a workout.

Group Fitness Classes (using the purple workout sheet) will count towards your Fitness Center workout. When you have completed your group fitness class, be sure to have your sheet signed and return it to your instructor.

You must complete a minimum of 3 workouts each week until you complete all 24 workouts. To earn your one credit hour credit, you are expected to spend at least one and a half hours per week

If you miss doing 3 workouts during the week, you must make up the missed workouts the following week along with the required workouts for the week that you return. If you fall behind staff will let you know that you are on the warning list; a second week of missed workouts will bring the consequences as listed below.

If you are on the warning list, you will receive a text reminder with the number of workouts you are behind. You will also receive a verbal warning indicating that you have fallen behind and are at risk of being dropped/withdrawn from the course.

If you fail to complete all the missed workouts the following week and catch up on the weekly total you will be withdrawn from your Fitness Center class and not allowed to be re-instated.

You must contact the Fitness Center staff during the first week you are unable to complete 3 workouts due to a serious illness or injury. Failure to do this will result in being dropped/withdrawn from your Fitness Center class as explained above.

A doctor's excuse for all medical conditions (covering the entire time you are not working out) will be required for you to have a temporary extension for workouts. Failure to do your workouts during your extension will result in being withdrawn from your Fitness Center class.

#### **Grading Scale**

<b><u>Grade</u></b>	<b><u>Workouts You Must Complete</u></b>
A	24
B	23-18
C	17-15
D	14-9
F	<9