

1. Use a towel or Gym Wipe to clean all equipment after each use. Dispose of Gym Wipes in the proper container. Chalk is prohibited on the fitness floor.
2. Closed-toe athletic shoes are required at all times. No non-athletic shoes of any kind are allowed.
3. No street clothes are allowed. Proper athletic attire is required. Shirts must be worn at all times. Shirts cannot expose chest, abdomen and/or side areas; sleeves cannot be removed farther than the outside of the shoulder seam. The staff has the right to determine if clothing meets facility requirements.
4. Book bags, gym bags, and other personal belongings are not permitted in hallways, lobbies, or activity areas. Please utilize a locker or cubby to store your items.
5. "Outside" personal trainers are prohibited from training clients in UIC recreation facilities. Personal training may be conducted by UIC Campus Recreation Personal Trainers ONLY.
6. Water is allowed in plastic, re-sealable containers only. Food or other beverages are not allowed on the Fitness Floor.
7. Profanity, suggestive language, and aggressive behavior will not be tolerated.
8. Limit your cardiovascular workout to 30 minutes if others are waiting.
9. All equipment must be used in the manner in which it was designed. Do not attempt to modify equipment. Collars are required on free weights, and pins are required on plate loaded equipment.
10. If you are unfamiliar with the equipment, please ask a Fitness Attendant for assistance.
11. Leaning weights or bars against the walls, pillars, or mirrors is prohibited. All weights must be replaced on racks.
12. Dropping/Slamming weights is prohibited.
13. All equipment must remain in the area it was placed. Do not move equipment from one location to another.
14. Report all injuries and maintenance needs to a Fitness Attendant.
15. Do not put feet on wall, railings or support columns.
16. Re-rack your weights when you are done with the activity. No weight should be left on the bar or on the floor when the equipment is not being used.
17. Children under the age of 18 are not allowed on the Fitness Floor at any time*.
**Only UIC Students who are under 18 are allowed access to the Fitness Floor (with a valid i-Card).*