

PENNSYLVANIA STATE UNIVERSITY
HERSHEY



University Fitness
Center

Policy: Equipment

- Orientations are strongly recommended and are available to all new members in order to acquaint them to the UFC and provide instruction on proper use of the exercise equipment. Orientation updates are also available upon request.
- Orientations are required for all physician referred members.
- Due to the heavy use of the elliptical and treadmills, sign up on the white board waiting lists is required.
- There is a 30-minute time limit on all cardiovascular equipment.
- Please wipe equipment after use. For your convenience, there are gym wipes in located for use in the cardiovascular room. In the weight room, please use the provided spray bottles and towels.
- In the weight room, please be courteous of other members by re-racking your weights after use, and allowing other members to work-in on equipment.

