



Fitness Center Rules & Policies

- No food or beverage in the fitness center., except for water.
- Students must have staff or coach supervision and are never to be alone in the fitness center.
- Put weights and equipment away in the proper location when finished.
- Wipe down equipment after each use.
- Report any broken equipment immediately.
- Hats may not be worn while working out.
- If students are in the fitness center, they are here to workout. The fitness center is not a hangout.
- See Dr. Beisenstein-Weiss with questions or concerns. kbweiss@smcatholicschools.org

