



Fitness Center Policies

- Only water is allowed in FC...no food or beverage.
- Students must have staff or coach supervision and are never to workout alone in FC.
- Put weights and equipment away in the proper location when finished.
- Wipe down equipment after each use.
- Report any broken equipment immediately.
- Appropriate attire is required, including shoes and shirts. Hats may not be worn while working out.
- If students are in the FC, they are here to workout. The fitness center is not a hangout.
- See Mr. Post with questions or concerns.
ppost@smcatholicschools.org

