

Aerobics room and Multipurpose room (Martial Arts room) rules and regulations

- 1- Appropriate workout attire is required to use the weight room and all other areas of the AUC Sports Center (no jeans, sandals are bare feet permitted for safety reason)
- 2- If you are observed wearing improper shoes and attire, you will be asked to leave the Sports Center.
- 3- No Food or Drinks inside the courts
- 4- Please do not enter the room while classes are in progress.
- 5- No one is allowed to teach without permission
- 6- Take off your shoes when you use the mattresses.
- 7- Equipment may be checked out at the control desk by the locker rooms, ground level, Valid AUC ID required.
- 8- Failure to follow posted policies may result in forfeit of access privileges to the sports center.
- 9- Follow requests of AUC Sports Center staff at all times.
- 10- Do not leave your items anywhere and keep it with you all the time.

Requests and suggestions may be directed to
athletics@aucegypt.edu