

Workout Rooms (Rules & 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- Do not leave your bag anywhere and keep it with you all the time.
- 4- Do not ask the staff to secure or watch your items. They cannot accept responsibility for personal bags, Purses, ETC...
- 5- Please limit your workouts to no more than 45 minutes on treadmill/and 30 minutes for elliptical machines when others are waiting.
- 6- Please don't remove free weights or other items from the weight room, Return weights and dumbbells to the racks after use.
- 7- Follow requests of AUC Sports Center staff at all times.
- 8- Equipment may be checked out at the control desk by the locker rooms, ground level, Valid AUC ID required.
- 9- Valid membership required for Alumni, per AUC policy. Please be prepared to show a valid AUC ID with membership sticker upon request.
- 10- Failure to follow posted policies may result in forfeit of access privileges to the sports center.
- 11- It's not allowed to change your clothes at the Gym or to take of your t-shirt.
- 12- No Food or Drinks inside the Gym and other courts.
- 13- Do not sit on the machines unless if you are using it.
- 14- It's not allowed to bring personal stereos (I pod Stations)
- 15- DO not raise the Volume of the TV
- 16- Do not throw the weights so hard on the floor to save the equipment from damages and the floor as well.
- 17- All Exercise areas, courts and gymnasiums close 15 minutes prior to the posted building closing time.
- 18- Please bring your towel with you and wipe the machine after using it.
- 19- Kids under 16 are not allowed to get inside the workout room for their own safety
- 20- No Smoking.

Don't hesitate to ask the supervisor to help you in your workout program, requests and suggestions may be directed to: athletics@aucegypt.edu