

WELCOME TO THE JOHN WOODEN CENTER STRENGTH & CONDITIONING ZONES

To maximize your fitness experience, please adhere to the following policies:

Conduct, Etiquette & Attire

1. A shirt, bottoms, and shoes are required, unless otherwise determined by instructor led activity or program.
 - a. Closed toed/closed heel athletic shoes are required.
 - b. Clothing with buttons, zippers and studs is prohibited on upholstered equipment or any cardio seat.
2. Clothing or towel must provide a barrier between skin (except hands), upholstery and mats.
3. Towels are highly recommended.
4. Only non-marking shoes on studio floor.
5. Backpacks and bags are not allowed on the floor in any strength zones. Personal belongings should be secured in a locker.
6. Do not hang any item on cardio equipment.
7. Beverages must be in a spill-proof, unbreakable, re-sealable container. No Spitting.
8. Maintain personal hygiene as to not be disruptive to the environment.
9. No strongly scented deodorants, perfumes or colognes.
10. Be respectful of all equipment, patrons and staff.

Equipment

1. Dumbbells, plates, and bars should not be dropped from any height.
2. Collars must be used on all bars when weight is added.
3. Do not lean bars or throw balls against walls, windows or ceilings. No contact with windows during any activity.
4. Do not stand bars or dumbbells vertically on floor.
5. Re-rack dumbbells, barbells, plates and return all other equipment to designated storage locations after each use.
6. Spotters are recommended for all free weight exercises performed over the head, face, and chest.
7. Allow others to use equipment while resting between sets.
8. Maintain a safe distance between users.
9. Equipment must be used as intended. Modifications are NOT allowed.
10. Wipe-off equipment after each use.
11. 30 minute time limit (including warm up and cool down) on all cardio equipment when others are waiting.

Assistance

1. Report any blood, injury, and equipment malfunction or facility feedback to the FITWELL staff immediately.
2. For help or questions including guidance and lifting instruction, see FITWELL staff.
3. For special accommodations, see FITWELL staff.

Access Restriction

1. Only UCLA Recreation Personal Fitness Trainers may conduct training sessions in any UCLA Recreation facility.
2. You must be at least 16 years of age to use the cardio and strength areas, unless otherwise determined by instructor led activity or program.