



Griffin Campus Fitness Center

HOURS

The Fitness Center is open from 7:00 am until 10:00 pm, seven days a week, except when the University is closed for holidays or other official occasions. Use is strictly prohibited outside of these hours. The fitness center is closed to members when an academic class is scheduled. Class times will be posted at the beginning of each semester.

ACCESS

Only registered members of the Fitness Center are authorized to use the facility. The official entrance to the Fitness Center is the external door at the west entrance of the Fitness Center. This door is unlocked during normal business hours (Monday – Friday, 7:30 am – 5:30 pm). After normal business hours, access to the building is restricted to those with approved access.

Note: Please do not use the Fitness Center entrance for access to the library or other parts of the building.

SECURITY

Security guards are on campus Monday – Friday from 5:30 pm until 7:30 am, and all day Saturday, Sunday and holidays. These guards will make frequent stops at the Fitness Center during non-business hours. If you have a concern, notice anything unusual, or would like an escort to your car, you can call 770.412.3008.

FEES

Faculty and staff members pay their annual membership fee in the Business Office, 203 Flynt Building. For students taking 6 or more hours, fees are paid automatically with registration each semester.

REGISTRATION

Members using the Fitness Center **must sign a liability waiver** and receive a Fitness Center membership card from the Office of Student Affairs, 105 Flynt Building. The card will have a number to be used when you sign in to the Fitness Center. Student numbers begin with the letter 'S'; faculty and staff numbers begin with the letter 'E'. It is not necessary to sign a waiver if one is already on file. If you are not sure, contact Clarice Prater at 770.412.4400.

USING THE FITNESS CENTER

- There is a sign-in book on the table in the Fitness Center. Please sign in and sign out each time. There is a comment section for you to note items we need to know (i.e., low on water, malfunctioning equipment, etc.)
- Above the sign-in book is a bulletin board with rules and regulations regarding the Fitness Center. Be sure to familiarize yourself with this information.
- Antiseptic wipes are provided in the dispenser next to the water cooler. Please wipe off each piece of equipment following use. It is also recommended that you bring a small towel when working out to prevent perspiration from dripping onto the equipment or floor.
- Water is provided for your convenience while you are using the facility. It is not intended as a general water source for filling water bottles to take out of the facility. Please use fountains in the buildings around campus for that purpose.
- In the event of a minor first aid emergency, a First Aid Kit has been placed in the cabinet under the sign-up book. Please note any items used in the comments section of the sign-in book so we can replenish these items as needed.
- There is a telephone in the facility for use in case of emergency.
- To prevent injury, equipment must be used only in the manner for which it was designed. If you have questions about operation, read the placards on the equipment. Ensure that any moving parts (pins and pegs) are securely in place before use.