



UWRL Mini Gym

Rules and Regulations

The UWRL is pleased to announce the implementation of an on-site Mini Gym for Staff, Engineering Students, and Faculty. Use of the gym is restricted to UWRL employees only. (For safety reasons, no family members are allowed to be in the Gym—no exceptions.) Equipment is to be used on personal time (such as during your one-hour lunch time, or before or after your regular working hours). All equipment for this gym has been donated, so no UWRL funds have gone into the set-up of this facility. However, for maintenance purposes and potential replacement costs, there will be a nominal fee to use this gym. The fee structure is outlined below. The current equipment located in the Mini Gym (Room 241): Two elliptical machines, a recumbent bike, a Nordic Track Strength Station, and a weight bench with hand weights.

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| Staff: | \$1.00 per month or \$10.00/year |
| Engineering Students: | \$2.00 per month or \$20.00/year |
| Faculty | \$3.00 per month or \$30.00/year |

Members must register and sign a **Release of Liability Agreement Form** before being allowed to use the Gym. To do this, see Carri Richards in Room 232. After payment and registration, the Member will be given an access code to use the mini-gym. If multiple members desire to use the gym equipment at the same time, please limit your use of any equipment or machine to 30-minute increments. Maximum time is 1 hour per piece of equipment per day.

The UWRL does not have equitable shower facilities and does not have the resources to remedy this. Therefore, a compromise situation has been established. The only shower facility is in the 2nd Floor Men's restroom complex, Room 222. The showering area and the restroom area have been separated, thus making the shower facility a unisex facility. When the shower is needed, the door may be locked for privacy. Members should be courteous and frugal with the use of this shower facility.

After use of equipment in the Mini Gym, the Member is expected to wipe down each piece of equipment used with a cleaning agent and a paper towel. The cleaning agent and paper towels are provided in the room. Members should bring their own towels or other personal accessories.

If any Member misuses his or her time at the Gym or shower, abuses or otherwise does not take care of the equipment, or displays any other egregious behavior, his/her Membership will be revoked at the discretion of the Director of the UWRL. There will be no refunds of the Membership Dues.

The UWRL Mini Gym is a USE AT OWN RISK facility.

Donations of other equipment and/or supplies would be appreciated. Please contact Jan Urroz, 797-3157, or jan.urroz@usu.edu.