



ORU Campus: The Aerobics Center

I. FACILITY HOURS & RULES

Monday - Friday 8 AM - 9 PM

Saturday 10 AM - 9 PM

Sunday 2 PM - 6 PM

Pool: The pool will not be open to Stoa families during NITOC

Racquetball Courts:

Available per sign up sheet posted at the courts daily. No reservations.
HPE Classes have priority over sign-up list.

Basketball Courts:

HPE Classes and Intramurals have priority.
Faculty/Staff have priority over Court 1 from 12 noon - 2 PM.

Weight Areas & Running Track:

Athletics have priority over general use.

Free Weight Room:

- Participants must be **18 years and older**.
- No food or drink allowed with exception of water.
- No radios. Individual headsets are permitted.
- Complete attire is to be worn: shoes, socks, shirts (sandals and bare feet are not permitted).
- Treat equipment with respect. Don't bang or drop weights.

- Please wipe off the equipment. (Hand towels provided at front desk.)
- Return all free weights to weight racks. Do not leave weights on bars or floor.
- A spotter is strongly recommended in the free weight room.

Strength and Cardiovascular Training Room:

- Participants must be **16 years and older**.
- Children ages 13 - 15 may exercise with adult supervision.
- No food or drink allowed with exception of water.
- Only personal devices with headsets are permitted.
- Complete attire is to be worn at all times: shoes, socks, and shirts (sandals and or bare feet are not permitted).
- Treat equipment with respect. Don't bang or drop weights.
- Please wipe off the equipment. Hand towels provided at the Front Desk.

II. IMPORTANT POLICIES

- You must have your NITOC name badge on your person in order to use the Aerobics Center.
- You will use your name badge to check out equipment such as basketballs, etc.
- Foul or inappropriate language is not permitted.
- Modest clothing is required. Shirts are required at all times.
- Smoking, chewing tobacco, drug use, violence and unsportsmanlike conduct are prohibited.
- No slam-dunking or hanging on basketball rims
- No street shoes on courts
- No pets are allowed in the building
- The AC is not responsible for lost or stolen property
- Be courteous to others at all times

**** Using the AC indicates that you agree to abide by these policies at all times.**