



MANHATTAN SCHOOL OF MUSIC
RESIDENCE HALL FITNESS ROOM
RULES AND REGULATIONS
Academic Year 2009-2010

1. All resident students may use the Fitness Room during the time it is open.
2. Everyone who uses the Fitness Room has been given a Statement of Liability Release. Use of the Fitness Room and the equipment are at the sole risk of the user. The Residence Life Director urges all resident students to obtain medical clearance before beginning to use the facility.
3. No children will be permitted to use the Fitness Room at any time.
4. Outside trainers are not permitted.
5. The Fitness room will be open 24 hours a day and 7 days a week, subject to such temporary closing as the School may deem necessary.
6. While others are waiting, there will be a 30-minute time limit on the use of the aerobic equipment.
7. Each resident student must bring a towel to the Fitness Room and wipe down the equipment after each use.
8. Please allow other resident students to "work in" when you are doing multiple sets on a piece of strength training equipment.
9. No outside audio equipment may be used in the Fitness Room except with headphones.
10. All persons using the facility are responsible for cleaning up after themselves, as the room will be unattended. No personal belongings should be left overnight and no equipment should be removed from the room.
11. No food or drink (with the exception of water) is permitted in the Fitness Room.
12. Smoking is not permitted in the Fitness Room.
13. Each participant must wear sneakers and proper gym attire (including T-shirts and shorts, or workout pants) when using the facility. Jeans are not considered proper gym attire.
14. Any malfunction or breakage of equipment should be immediately reported to the Residence Life Director.
15. Use of facility is a privilege only and may be terminated by the School.
16. If you have any questions, suggestions, or problems, please leave a note with the Residence Life Director.