



SouthFit Policies

1. A minimum of two people must be present at the start time in order for a fitness class to be held. It is the instructor's discretion whether or not to teach to only one person. Classes with consistently low attendance will be cancelled.
2. Out of respect for the instructor, we request that you follow the instructor's routine and keep conversation to a minimum.
3. Space in classes is available on a first-come, first-serve basis. You may not reserve space or equipment (including bikes) for another participant.
4. Closed-toe athletic shoes must be worn in fitness classes. Open-toe or dress shoes, any court-marking shoes, or bare feet are not acceptable. Exceptions to this rule are yoga, Pilates, and water aerobics classes.
5. For health reasons, we do not provide mats for yoga & Pilates classes. Please bring your own.
6. For health reasons, you must bring and wear your own handwraps to use the gloves in kickboxing classes.
7. SouthFit equipment is for SouthFit classes and personal training only. Members may check out equipment for general use at the Equipment Center. If we do not have equipment for check-out that you'd like to have, just ask! We may be able to purchase it.
8. The Fitness Studios may be reserved for personal or group activities when not in use by SouthFit. Please refer to our studio use rules.
9. The Student Recreation Center is not responsible for any lost or stolen articles. We suggest putting valuables in a locker.
10. Personal training sessions conducted by non-USA personal trainers are not allowed in any Department of Campus Recreation facilities, including the Student Recreation Center and Intramural Fieldhouse. If you would like to purchase a personal training package, please see the front desk.