



## Studio Use Rules

1. Studios may be used any time that SouthFit classes and programs are not occurring. Only students and Recreation Center members may use the studios. Non-university groups may not use the studios.
2. Studios may be reserved no more than 24 hours in advance. Walk-ins are also welcome if the studios are available. ([Click here](#) to see when the Studios are in use.) Recurring reservations (for example, every Monday at 8:00 p.m) may not be made.
3. To reserve space: Sign up at the front desk. You must give your J-number and show a photo ID. Reservations are for one hour only. If your hour is up and no one else has reserved space, you may continue to use the studio.
4. Please do not lower the divider screen in Studio 1 unless arrangements have been made in advance.
5. The individual making reservations is responsible for ensuring that their group follows these rules:
  - a. You may use the stereo system, but you may not use the microphone or the group fitness equipment unless the rental fee has been paid. Please do not use the equipment that is stored in the studios (steps & stability balls).
  - b. Anyone using the punching bags must bring AND WEAR gloves.
  - c. Only water and drinks in a re-sealable sports bottle are allowed. Please do not bring food into the studios.
  - d. Please throw away all trash and remove personal belongings.
  - e. Violation of these rules will result in loss of studio reservation privileges for both the individual and student organization.
6. Fees:

Space + stereo only	Studio 1 & 2: Free. Cycle Studio: Not available.
Heavy bags & speed bags	Studio 2: Free—must wear gloves!
Space, Stereo, + SouthFit Equipment	All studios: \$25/hour. Includes steps, weights, bands, balls, mats, jump ropes, kickboxing gloves & shields, BOSUs, body bars, and bikes.
Private Class (SouthFit instructor provided)	\$45/hour
We accept cash & checks made payable to “USA” for studio fees. We can also accept departmental fund transfers	