



Fitness Center S-128  
Free Hours  
Fall 2009



Effective: 9/28/09

Days	Times
Mondays	<b>Open – 10:00 AM – 11:15AM</b>
Tuesdays	<b>Open – 9:00 AM - 10:00 AM</b> <b>Open – 11:15 AM – 7:00 PM</b>
Wednesdays	<b>Open – 9:00 AM – 7:00 PM</b>
Thursdays	<b>Open- 8:30 AM – 10:00 AM</b> <b>Open - 11:15 AM – 6:30 PM</b>
Fridays	<b>Open – 11:00 AM – 5:00 PM</b>

Please inform the Wellness/Exercise Science office (G-201 or G-207) if the facility is not open during scheduled hours.

- Proper attire is required.
- Valid college ID is required.
- Medical form must be on file in HS-100.
- No food or drink in Fitness Center.
- Classes have preference over free hours.

• **HOURS SUBJECT TO CHANGE WITHOUT NOTICE**