

HARVARD MEDICAL SCHOOL
VANDERBILT HALL ATHLETIC FACILITY

Athletic Facility
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<http://hms.harvard.edu/content/vanderbilt-hall-athletic-facility>

GROUP FITNESS ROOM RULES

General Rules

1. Room reservations must be approved by the Athletic Director. All persons using this room must do their best to accommodate others and share the space. Music should be set at an appropriate levels and equipment should be shared.
2. Return equipment and leave the room clean and tidy.
3. Care should be taken at all times to not damage the floor. Please ensure shoes or equipment do not mark or scratch the floor.
4. Only water and sports drinks in sealable, non-breakable containers are allowed. Food is not allowed.
5. All fitness instruction including personal training and group exercise must be by an approved instructor.
6. Know where the nearest emergency exits, automatic external defibrillator, and phones are located.
7. It is advised that you do not exercise alone.
8. Do not use the mirrors for support.