

Fall 2021 - Policies/Sessions

Williams Center Weight Room/University Fitness Center

Williams Center Weight Room/University Fitness Policies:

- Membership/Guest Pass Required, Age Restrictions Apply
- Dress Code:
 - Shirts must cover full torso, backless shirts below the shoulder blades are not permitted.
 - Shorts/pants should be free of belts, studs, rivets and zippers
 - Closed-toe and heel shoes, covering entire foot
- Wipe down equipment before and after each use
- Bring a second pair of shoes during inclement weather
- Bags and personal belongings must be stored in cubbies or lockers provided (bring your own lock)
- Phone calls must be taken outside of the weight room
- No unauthorized photos or videos permitted
- UW-Whitewater, Rec Sports and the staff are not responsible for lost or stolen items.

These policies are in place to help protect against the transmission of viruses and infections. If dress code is not met, staff will ask individuals to change or leave the weight room. Subject to change at any time.

Williams Center Weight Room Sessions

Monday - Friday Sessions

- 6a - 7:30a, 7:30a - 9a, 2:15p - 3:45p, 3:45p - 5:15p, 5:15p - 6:45p
 - Capacity of each session - 125
 - Reservations required through IMLeagues/Rec Sports App, drop ins are welcome if space permits
 - 5 minutes before the end of each session, the weight room will be cleared for cleaning
- 9a - 2:15p and 6:45p - close
 - no capacity limits, no reservations required
 - 2:10p the weight room will be cleared for the 2:15p session
- Subject to change at any time

Saturday and Sunday

- No sessions, no capacity limits, no reservations required

University Fitness (Wells Hall)

- No sessions, no capacity limits, No reservations required

