



Sarah H. Hermes Fitness Center Rules and Regulations

- GC students, Faculty, Staff, and Retirees may use the Fitness Center during hours of operation, unless a class is scheduled.
- No 'guests' are allowed but memberships are available for purchase at the Continuing Education office. Please call (409)944-1344 for details.
- A Galveston College ID, **with the current semester sticker**, is required at all times for students and members. Please sign in at the front desk and leave your ID with the attendant.
- Absolutely no food or drinks in the Weight Room or Gym.
- Tobacco products and vapor products are not allowed in the Fitness Center.
- The Fitness Center attendants are not responsible for your personal items. Please be watchful of your belongings.
- Please wear appropriate shirts and shoes in all exercise areas; NO sandals or bare feet.
- Please wear proper work-out attire free of profanity, inappropriate language and designs. No jeans are allowed in the weight room.
- Inappropriate language/behavior will not be tolerated.
- The stereo or television will not be changed at any time.
- Please use headphones to listen to your personal music device.
- Do not take exercise equipment outside of Weight Room.
- Please be courteous and return weights to rack after use.
- Please wipe down workstations after your workout. Disinfectant spray and paper towels are provided.
- Please report damaged or faulty equipment to the front desk staff.
- **Please refer to the Student Code of Conduct regarding discipline and conduct.**

*Please refer questions, concerns or comments to
Ken Delcambre, Athletic Director/Head Softball Coach at (409)944-1314*