



Sarah H. Hermes Fitness Center Rules and Regulations

- GC students, Faculty, Staff, Retirees and Members may use the Fitness Center during hours of operation, unless a class is scheduled.
- Guests are not allowed; 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.
- Please do not bring personal equipment, basketballs, etc.
- 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 exposed sports bras, cut off shirts, or half shirts. Jeans are not 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 rerack your weights.
- 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
Christa Hartnett, Athletic Director/Head Softball Coach at (409)944-1315***