



UCSI GYM

Procedures and Rules

- Gym operating hours are from **9am – 9pm** (Weekdays). **9am – 1pm** (every Saturday)
- Usage of the gym is free for all the **UCSI staff and students**.
- Every Wednesdays, the gym is only for ladies from 6pm-9pm.
- All gym users must be properly attired in standard workout clothes i.e. tank tops, t-shirts, shorts, leotards with running or cross training shoes (*not used outside the gym*) while in exercise area. **SWIMSUITS, JEANS, AND STREET CLOTHES AND SHOES are not allowed.** Shirts and shorts must be worn at all times.
- Sign in and sign out at the counter and produce student ID.
- Sundays and Public Holidays – gym will be closed.
- No music or loud noise allowed at the gym during exam month or else gym will be closed.
- All gym users are required to comply with the instructions given by the gym management and gym attendants on duty.
- Gym attendants on duty are not responsible for personal belongings of gym users. Please do not bring any valuables to the gym as the university or staff will not be responsible for any lost or theft of such items or valuables.
- If any gym user is found vandalising the gym equipment, he or she will be banned from entering the gym for 6 months.
- Do not monopolise the machines. Cardio machines are restricted to 20 minutes per use during peak hours. All other equipment shall be shared among gym users at all times.
- Bring and use a towel for hygiene and to keep yourself and the equipment dry.
- **DO NOT SLAM, DROP, CLANG, or THROW DUMBBELLS or FREE WEIGHTS** on the floor when you are finished.
- **RETURN ALL GYM EQUIPMENT, BARBELLS, DUMBBELLS AND FREE WEIGHTS TO THEIR DESIGNATED PLACES AFTER USE.**
- Food and drinks (*except for plain water*) are not allowed.
- No personal notices, advertising or other literature are to be posted or distributed at the gym.