



TO: Bowie State University Community

FROM: Anton Goff, Athletic Director

DATE: March 10, 2014

RE: Bowie State University Fitness Room

The Bowie State University Fitness Room officially opened today, Monday, March 10, 2014.

The Fitness Room is located in the Leonidas James Physical Education Complex. The hours for students, as well as faculty and staff, are:

Sunday: 6 p.m. – 10 p.m.

Monday – Friday: 9 a.m. – 3 p.m.

5 p.m. – 10 p.m.

Saturday: Closed

General Rules for Use of Facility:

1. Bowie State University ID required for entrance.
2. Water only!! No food or other drinks allowed in the facility.
3. All users must wear workout clothes (no jeans).
4. Athletic shoes must be worn at all time.
5. Always use a spotter on free weights.
6. Only lift what you can safely handle.
7. Return all equipment and weights to their proper place.
8. Use the Fitness Room wipes to clean the pads when you are done at a station.
9. Report damages or misuse to the supervisor.

10. Be courteous and treat all people with respect.
11. No profanity or horseplay at any time.
12. No loitering. The Fitness Room is not for social gatherings.

An inclusive list of rules is located in the Fitness Room!