

Fitness Center



Fitness Center Rules

- Use facility and equipment at your own risk
- Use of this facility is only for Jefferson Lab staff and visiting scientists
- Anyone under 18 years of age is prohibited from using the Fitness Center
- Fitness Center is open 6 AM to 8 PM daily
- Consult your physician before beginning any exercise program
- Use equipment properly and follow directions carefully
- 20 minute limit per station when others are waiting
- No food or drinks except water. No breakable objects permitted
- Do not drop weights or allow weight stacks to slam
- Proper fitness attire is required. No boots, street shoes, sandals or bare feet
- Report any damaged equipment immediately to Ext. 7400.
DO NOT USE EQUIPMENT
- Always be courteous and respectful of others.
- Please return all equipment to its place and wipe down machines after use

In case of emergency call 911