

Beacon Fitness Center Rules & Regulations

1. No person under the age of 17 is permitted to use the Beacon Fitness Center.
 - No children are permitted inside the facility while a parent or guardian conducts an exercise session.
2. A school I.D. must be left at the front desk upon entrance. The current semester sticker and current Beacon Fitness Center sticker are required. Faculty, Staff and Alumni may purchase a membership through personal check or payroll deduction.
3. Proper attire must be worn at all times. Athletic shoes, proper sweats or shorts, T-shirts or tank top style shirts are recommended. No jeans, skirts, open-toed shoes, dress shoes, or boots are allowed.
4. Members wishing to use a treadmill or elliptical trainer must reserve a machine through the sign-up sheet located in the facility. Usage is limited to 30 minutes.
 - A person who reserved a treadmill or elliptical trainer will receive priority use during the entire 30 minute period for they reserved. Other persons using a treadmill or elliptical trainer must surrender the treadmill or elliptical trainer immediately upon the request of the person for whom it was reserved.
 - Reservations for treadmill must be made in person during the same day. No reservations will be taken over the telephone and no reservations may be made for future dates. It is acceptable for a person to reserve a treadmill for a later time-period.
5. Wipe off machines after use with the cleaner and paper towels provided. Report anything broken or damaged to a staff member.
6. Collars must be used on all free weights at all times.
7. All dumbbell and free weights must be returned to the proper locations after each exercise.
8. All personal belongings must be left in the locker room or in the cubbyholes. All items must be removed when not exercising. No personal belongings may be taken onto the main floor.
9. Lockers and cubby holes are available during workout sessions only. No personal belongings may be left in lockers or cubby holes when person is not exercising.
 - Patrons must bring their own locks and towels.
10. The UMass Boston is not responsible for lost or stolen goods.
11. No food, glass or breakable containers on the gymnasium floor. Only water or other appropriate sports drinks in spill proof, non-breakable containers are permitted.
12. Exercise safely and use proper form. Consult a staff member when unsure of how to properly conduct an exercise.