

Regulations for Fitness Center

I. Regulations :

1. Sportswear is required; no barefoot, bareback, or food/beverage is allowed. Personal hygiene and equipment maintenance are requested.
2. Sports card has to be placed at the entrance for check.
3. Compensation is required for any man-made damage for each exercise device based on its price; attention has to be paid for one's own safety and that of other people. For accidents occurring due to inappropriate use in non-class time, responsibility has to be borne by the one causing the accident
4. Rules set by faculties have to be followed as well as the expected courtesy so that the Center can be kept safe and clean. People who violate the rules will be asked to leave and discipline will result.
5. Try to avoid sports injuries.
6. After using the exercise device, it has to be put back for maintaining its best condition. For any equipment damaged, please inform faculties; do not try to fix it by yourself.
7. For any violation, persons responsible will be forbidden to enter the Center, or other discipline will be implemented based on the accurate assessment of the affair.

II. Time of use: it will be announced on the website and bulletin of the Center for Physical Education.

III. Other matters not stated in these Regulations are resolved according to the Center for Physical Education.

Time of Use for Fitness Center of Yumei Gymnasium

1. Mon-Friday from 12:00~13:00
2. Mon, Tue, Thu, Friday from 16:00~21:30
3. Wed from 17:00~21:30
4. Sat from 09:00~18:30
5. Prior to the use of class, time of use differs

Time of Use for Fitness Center

week time	Mon	Tue	Wed	Thu	Fri	Sat
noon	12:00~ 13:00	12:00~ 13:00	12:00~ 13:00	12:00~ 13:00	12:00~ 13:00	From 09:00
afternoon	From 16:00	From 16:00	From 16:00	From 16:00	From 16:00	To 18:30
evening	To 21:30	To 21:30	To 21:30	To 21:30	To 21:30	