

# **Ivy Tech Fitness Center Policies**

## **(As of January 1, 2026)**



Welborn Foundation  
**Wellness & Fitness Center**

### **1. Key Fob Access**

All Fitness Center users must obtain a key fob from the Business Office after completing the waiver and providing a current class schedule. There is no longer a fee for the key fob. (Please note that students who previously purchased a key fob for \$5 are not eligible for a refund.)

Your key fob serves as your membership verification, must be scanned at each visit, and provides after-hours access.

You must have your key fob with you to enter the Fitness Center. No exceptions.

- Students and community members must renew their key fob each semester. Loaning your key fob or letting in unauthorized users results in revoked privileges.

### **2. Guests**

Guests are not permitted. Only Ivy Tech students, faculty, and staff may use the Fitness Center.

Friends or family may purchase a community membership by calling 812-429-0585.

### **3. Lockers**

Lockers are for daily use only. Bring your own lock and remove it after each visit.

Ivy Tech is not responsible for lost or stolen items. Lost items will be taken to Security Lost & Found.

### **4. Cleaning Equipment**

Wipe down all equipment after each use. Spray the towel first, not the machines.

### **5. Dress Code**

Wear appropriate athletic attire with enclosed athletic shoes.

Not permitted: shirts removed/sports bras only, jeans, clothing with exposed rivets/zippers, open-toe shoes, boots, heels, slippers, or cleats.

### **6. Equipment Use**

Ask staff for help if unfamiliar with equipment.

Use spotters for heavy lifts. Re-rack weights after use. Do not drop or slam weights.

Report malfunctioning equipment. Students have priority during busy hours.

### **7. Towels**

Bring your own workout and shower towels.

### **8. Conduct & Behavior**

Phone use on equipment is prohibited. Disruptive behavior, harassment, or damage to property may result in loss of privileges.

Respectful language is required.

### **9. Music**

Use earbuds only. Loud or explicit music is not permitted.

**10. Food & Drinks**

Only bottled water or drinks in sealed clear containers are allowed. No food permitted.

**11. Tobacco, Drugs, Alcohol, Vaping**

These are strictly prohibited. Anyone appearing under the influence will be asked to leave.

**12. Personal Hygiene**

Maintain good hygiene. Showers are available. Bring your own towel.

**13. No Littering**

Keep the Fitness Center clean. Use trash cans for all items.

**14. Animals**

Only ADA-compliant service animals are permitted.

**15. Noise & Grunting**

Excessive noise or grunting is discouraged.

Use correct breathing: inhale when lowering weight, exhale when lifting.

**16. Security Cameras**

The Fitness Center is monitored by video surveillance at all times.

**17. Relaxation Room & Group Exercise Room**

These rooms are available only when staff are present.

**18. Entrance & Exit**

Use the main hallway entrance only.

Emergency exits are for emergencies only. Misuse may result in revoked access.

**19. Emergencies**

Call Security at 812-492-0517 or 911.

AED and fire extinguisher are located near the front desk and women's locker room.

Emergency alert button is located under the front desk.

**20. Staff Hours**

Staff are available during daytime hours Monday–Thursday (hours may vary).

Questions: Contact Amy at 812-429-0582 or [alutzel@ivytech.edu](mailto:alutzel@ivytech.edu)

**21. Personal Training / Wellness Coaching**

These services are offered only by Fitness Center staff.

Schedule by emailing [alutzel@ivytech.edu](mailto:alutzel@ivytech.edu).