1. Fitness Program

The Fitness Program consists of a variety of programs and services. The Fitness Center located in L.T. Walker Complex was renovated in 2011 and equipped with cardio and weight equipment. The space is utilized by members and physical education classes. Personal training and group exercise classes are offered through the Fitness Program of Campus Recreation.

2. Risk Management

There is an assumption of risk when participating in Campus Recreation programs and services. As risk cannot be eliminated, Campus Recreation puts preventative practices in place to reduce risk in the facility.

3. Weight Lifting

The use of collars is highly encouraged. Patrons should use a spotter when necessary. Patrons should not stand on benches or equipment frames, or lean barbells/weight plates against walls or benches. Equipment is to be used as intended by the manufacturer and is for use in the exercise room only. Equipment may only be moved by a staff member. Only NCCU Campus Recreation fitness equipment can be utilized in the facility.

3.1 Avoid loitering on equipment and allow others to “work in” when performing multiple sets. Wipe off equipment immediately after use. Towels and water bottles with a soap solution are provided at various exercise machines.

3.2 Exercises that prohibit the safety of those performing the exercises and other patrons (contraindicated exercises, untraditional exercises, and occupy excessive space) are not allowed.

3.3 Participants must be 17 years of age or older to work out in the weight rooms and at least 16 years of age to use cardio equipment.
4. Personal Trainers

4.1 Personal Trainers must be NCCU Campus Recreation employees. Anyone caught training another individual will be asked to leave the facility immediately. Patrons who are caught multiple times personal training may have their privileges to the facility revoked. Campus Recreation offers personal training services and interested individuals may contact Coordinator of Fitness and Wellness.

4.2 Personal training clients are required to sign a Campus Recreation Personal Training Waiver and Agreement. All clients must complete a PAR-Q and may require doctor approval prior to participating. The agreement outlines Campus Recreation policies and procedures for personal training.

4.2.1 Fees are due before training session

4.2.2 Members must sign a personal training service log after each session

4.2.3 Results vary for each individual

4.2.4 Client must wear proper attire. Absolutely no jeans, jean shorts, sandals, open toes shoes of any kind

4.2.5 Personal training packages are non-transferable and non-refundable

4.2.6 Members is responsible for scheduling personal training appointment in advance and that the availability of the trainer is on a first come first service basis

4.2.7 Member understands that if he/she chooses to train during peak usage times, the trainer may need to attend urgent situations during the training session

4.2.8 Trainers do not accept any direct or additional payment for their service

4.2.9 Training sessions must be conducted within 90 days of the date of purchase

4.2.10 Please give 24 hours notice to cancel. If client does not cancel within 24 hours the following will occur; first no show is no offense; second no show will result in client forfeiting the session

5. Group Exercise Classes

5.1 The fitness program offers a wide variety of group exercise classes. Classes are taught by Campus Recreation employees who have either a certification or completed NCCU Instructor Training Course.

5.2 Group Exercise must have a minimum of three participants for the instructor to conduct class. All participants must sign-in prior to participating and are encouraged to bring a towel and water bottle. Classes are subject to change based on instructor availability and attendance.