ISDH Fitness Center Guidelines

1. The ISDH Fitness Center is available from 6:30 a.m. to 6:00 p.m. on work days (However, your assigned building access will determine when you can enter the front door of the building). The Fitness Center must be used before/after work, during breaks, or during lunch hours.
2. *You must sign a Fitness Center Release before using the Fitness Center.*Complete the Fitness Center Release found on the ISDH Intranet and route it to Pam Cowan, Facilities Coordination (2nd Floor). You will be notified when your I.D. badge has been activated to include access to the Fitness Center.
3. *You must sign in/out (in the 3-ring binder) each time you use the Fitness Center.*
4. If others are waiting, please be courteous and limit your use of Fitness Center equipment to 15 minutes.
5. Be sure to use Fitness Center equipment properly to prevent personal injury and/or damage to the equipment.
6. Please remember to replace all weights, equipment, and library materials when you are finished.
7. Please wipe down equipment with Gym Wipes after each use.
8. Food/Beverages (aside from water bottles) are not permitted in the Fitness Center.
9. Be sure to dress appropriately to prevent personal injury and/or damage to the equipment.
10. Please contact Facilities Coordination at 233.7392 to reserve a locker (located outside the lower level restrooms).
11. Shower facilities are available in the lower level restrooms.
12. Please notify Administrative Services via e-mail at [adminservices@isdh.in.gov](mailto:adminservices@isdh.in.gov) if any of the equipment is not working properly or if you have other concerns.
13. *In case of an emergency, dial 8.911 and then call the front desk of the ISDH at 3.1234.*