

Arkansas Northeastern College
Briggs/Sebaugh Wellness Center
General Rules and Regulations

- Participants must be appropriately dressed for all physical activities in the Wellness Center.
- No street shoes are allowed in the Gym, Exercise or Aerobics room.
- All members (faculty, staff, students, spouse & dependents) must present a picture ID to utilize the Wellness Center.
- This is a smoke-free facility. No smoking or tobacco products are allowed inside the Wellness Center.
- No food or drinks other than water in closed containers are allowed in Gym, Exercise, and Aerobics room or in the classrooms.
- No one under the age of 17 allowed in the Wellness Center unless accompanied by authorized parent. Small children must be directly supervised by the parent(s) and not left unattended.
- No one under the age of 17 allowed in the Exercise Room.
- No running in hallways or stairs.
- Any misconduct, abuse of equipment or Wellness Center personnel will not be tolerated.
- Equipment must be appropriately checked-out with a photo ID and returned after use. No personal fitness equipment will be allowed in the Wellness Center.
- Specific rules and regulations for ANC Health, Physical Education & Recreation Courses and/or Wellness Center Activities will be provided by instructors or Wellness Center staff as indicated.
- Spouses and dependents of full-time faculty and staff may utilize the Wellness Center. Spouses and dependents of students, part-time faculty and staff may not utilize the Wellness Center unless enrolled as a student.