

Fitness Center Policies & Procedures

Members of the Getty Fitness Center must agree to the policies and procedures outlined below. Failure to adhere to these policies and procedures will result in suspension or termination of membership.

General Policies and Procedures

1. Supervised Fitness Center hours are from 8:00 am - 8:00 pm, Monday through Thursday, 8:00 am - 6:00 pm on Friday. (This excludes all Getty-designated holidays.) Gold Membership access hours are from 8:00 am - 8:00 pm, Monday through Thursday and 8:00 am - 6:00 pm Friday. Platinum members have 24-hour access, 7 days a week, which is granted automatically to all Security Officers, or to Getty Staff *only* after a physical assessment has been completed (by appointment, contact the Fitness Center). The Fitness Center is subject to closure due to special events or emergencies.
2. All injuries and accidents must be reported to the Fitness Center staff immediately. This includes minor incidents such as overexertion, fainting, and light-headedness.
3. Be courteous to other members around you; excessive noise (grunting, moaning, clanging or dropping of weights, etc.) is not allowed, nor is using inappropriate language or cursing.
4. If exercising alone during unsupervised hours, please notify security before beginning a workout. If an emergency occurs, notify security by pulling one of the emergency pull-switches located around the Fitness Center, or call the Security Emergency phone number at x7000 and inform them of the situation.
5. The Fitness Center staff has the authority to ask a member to leave the premises if necessary. Unauthorized visitors are not eligible to use the Fitness Center at any time and will be asked to leave. Outside personal trainers are not permitted.
6. Members are responsible for notifying the staff of any changes in their health status (e.g., pregnancy, hospitalization, new medications, etc.), since many health conditions can impact a safe and effective exercise program.
7. Food and chewing gum are not allowed in the Fitness Center. Beverages, other than water, are not allowed in the Fitness Center.
8. Appropriate workout clothing is required at all times (i.e. gym shorts and/or sweats, shirts and shoes). Clothing with vulgar and/or demeaning slogans and/or pictures will not be allowed. Athletic shoes must be worn on the gym floor and must have closed toes. No street shoes, flip-flops, sandals or bare feet will be allowed. For yoga or stretching, footwear may be removed *only* while exercising on a mat.
9. The J. Paul Getty Trust and Health Fitness Corporation assume no responsibility for lost, stolen, or damaged articles.
10. All members must log in to the check-in computer at each exercise session. If the computer is turned off for weekly maintenance or repairs, check in on the sign-in log provided.

Exercise Area Policies and Procedures

1. Equipment malfunctions should be reported to the Fitness Center staff immediately.
2. All equipment, including dumbbells, benches, and mats, must be returned to its original position/place after use.
3. Resistance training benches/machines and cardiovascular machines are to be wiped down after each use.
4. Please observe the 30-minute time limit on cardiovascular equipment when others are waiting. "Work in" with other members who are waiting to use weight equipment.
5. After hours, the lights for the Fitness Center are on timers located on the wall behind the front desk.
6. Television monitors and radio stations are set for general public viewing/listening. If a different channel/station is requested, one must obtain the consent of the general populace of the Fitness Center at that time. Changing the channel on the touchscreen will turn off the music playing in the Fitness Center. Return to the previous screen and press the "internet radio" button to re-start the music.
7. Headsets are to be cleaned, returned to their proper place and turned off when not in use.

Locker Room Policies and Amenities

1. The lockers are for exercise session use **ONLY**. Please remove all articles from the locker after each use and leave the key for the next user. Items left in the lockers will be bagged and removed. Locker doors must be closed after each use.
2. Towel service is available 24 hours a day, 7 days a week. Towels are available for use in the Fitness Center only and are not to be taken off the premises. Used towels must be put into the towel bins located in each locker room, not left on the floor or in the showers.
3. First aid supplies are limited to stock at hand.
4. Limited quantities of exercise shirts, pants, shorts and socks are available for use. Items must be checked out and washed and returned the following day. Shoes are not provided.
5. Both locker rooms are equipped with soap and hairdryers. Please notify staff if supplies are needed.
6. Locker rooms must be kept neat and orderly, remove all personal items and place towels in the bin provided.

Eligibility

The following people are eligible to join the Fitness Center:

- Getty employees: All Regular and Limited Term employees regularly scheduled to work 20 or more hours per week.
- Scholars
- Interns
- Trustees

The Fitness Center is a privilege provided to Getty staff as a benefit of employment. Status will be checked and verified. Consultants, independent contractors, temporary employees, volunteers and docents are ineligible for Fitness Center use. Please check with Human Resources if you are unsure.