

GORDON  CONWELL
THEOLOGICAL SEMINARY



The Fitness Room is open for men and women on the first floor of Kerr

Hours for Women only:

- Mondays, Wednesdays, Fridays: 7:00-9:00 am and 1:00-3:00 pm
- Tuesdays/Thursdays/Saturdays: 9:00-11:00 am, 3:00-5:00 pm and 7:00-9:00 pm

All other hours are open for everyone!

All participants must comply with the following guidelines:

- Please sign in when you work out, so that we can track how many people are using the equipment and at what times.
- The fitness room is always open for your use, while paying attention to the 'Women-Only hours.'
- Please follow the current Massachusetts' mask mandates during your work out.
- Clean your machine with a Clorox wipe or with a paper towel & spray bottle after each use.

For New users:

- You must go through an orientation with one of our Fitness Room trainers in order to be trained on how to use the machines.
- You also must sign a Waiver form for our Student Life records.
- After your training, you will receive the access code for entry by your trainer. Please do not share the access code with anyone. Thanks!

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