**Cardio Studio**

**What is the Cardio Studio?**

Located at the SRSC near the racquetball courts, the Cardio Studio provides a comfortable, semi-private environment for cardiovascular exercise. The Cardio Studio features treadmills, elliptical cross trainers, steppers, recumbent bikes, and upright bikes.

**Why should participants use it?**

This area was specifically designed to help participants learn how to use cardio equipment without a crowd.

The Cardio Studio is:
- efficient
- private
- organized in a simple layout - no need to wander the room looking for a cardio piece

**The Informal Sport Supervisor Role**

Informal Sport staff are available to answer any questions you might have about equipment. If you do not see one in the space when you are working out, please stop by the SRSC Strength Gym to ask for assistance!

**Cardio Studio Policies**

All general Strength and Conditioning policies and etiquette apply in addition to the following policies:

- Please ask an Informal Sports Supervisor to change the channel on the television
- The television remote control is on the wall below the television.
- In the event of an injury/accident, please seek assistance from an on-site supervisor at the entrance turnstiles.

**Photography/Filming Policy**

All photography and filming at the facility requires prior permission provided by the Recreational Sports marketing department. Go to Member Services or the RS website for photography/filming policies and procedures.

**ASSUMPTION OF RISK**

Neither Indiana University nor the Division of Recreational Sports accepts any responsibility for ill health or injury while participating in any of the programs and facilities. Participation is on a voluntary basis. It is recommended that all participants undergo a prior physical examination and carry some form of health and injury insurance.