



Fitness Court Policies

Safety is Number One!

1. The Fitness Court is a public workout structure.
2. By using the Fitness Court, you assume responsibility for any resulting accidents, injuries, illnesses, or conditions.
3. Before you start any new exercise program, consult a physician or qualified healthcare provider.
4. You must be at least 14 years old and weigh less than 300lbs to use the Fitness Court.
5. Wear proper footwear and avoid wet surfaces. Stop immediately if you feel dizzy or lightheaded.
6. Be safe and have a good time by following these rules.
7. Use the Fitness Court at your own risk. Use is not recommended during adverse weather conditions or when surfaces seem wet, icy, hot or similar.
8. Fitness Court use by personal trainers/clients other than CU Fitness & Wellness Staff is prohibited.



Fitness Court Frequently Asked Questions:

How many people can be on the Fitness Court at one time?

The number of people permitted on the court will be determined by the type of class being offered. For general drop-in use, only 10 people from one group are permitted to use simultaneously.

Can I use the Fitness Court wall as a surface to throw a ball, like a medicine ball or a lacrosse ball?

Please do not, as this will damage the structure.

Can I reserve the Fitness Court for my group?

No, we are not reserving the Fitness Court beyond Rec Fitness Classes.

Can I use the Fitness Court with my personal trainer?

Only CU Recreation Services personal training staff and clients are permitted to use the Fitness Courts for training sessions.

Can my dog play on the Fitness Court?

No, per CU CUUF policy animals are not permitted. There are some conditions of use like service animals if a patron has a specific need.

Is there a charge for fitness classes on the Fitness Court?

No, at this time fitness classes offered on the Fitness Court are free for anyone with a BuffOne Card.

When are the free fitness classes scheduled?

Please visit our fitness schedule at <https://www.colorado.edu/recreation/fitness-wellness>

Can Alumni use the Fitness Court?

Yes, the Fitness Court is available for drop-in use, no Rec membership required.

What if I find something broken on the Fitness Court?

Please report any damage or concerns to our Guest Services staff.

Does the Fitness Court close in the winter?

No, the Fitness Court is open year round, 24/7. We advise that you use caution when elements are hot, wet or icy. Use is not recommended under extreme weather conditions.

How old do I have to be to be on the Fitness Court?

Fitness Court manufacturer recommends users are a minimum of 14 years old?

Is the Fitness Court ADA accessible?

Yes, the Court has been designed to meet ADA compliance and an ADA ramp will be installed soon.

Can I bring my bike, scooter, skateboard on the Fitness Court?

No, such items will damage the Fitness Court surface and are not safe for use on the Fitness Court.