

# FITNESS CENTER GUIDELINES

A variety of state of the art fitness equipment may be found in the Fitness Center to provide residents with an effective workout program. The following is a list of guidelines that have been established in order to provide a safe and pleasant workout environment for all residents and their guests.

- The Fitness Center may be used by residents, their guests, and/or tenants. Only those tenants who have a transfer of membership may use the Fitness facility. All guests of residents or tenants must be accompanied by the resident or tenant (if membership has been transferred).
- All Fitness/Exercise personnel providing instruction and/or services to our members must be licensed and insured and have the prior approval of the General Manager.
- **Children under the age of twelve (12) are not permitted in the workout area at any time. There are no exceptions to this rule. Children between the ages of twelve (12) and sixteen (16) are permitted in the workout area only with an adult.**
- **Anyone using the fitness equipment is expected to bring a workout towel to control perspiration from getting on the machines. Please take the time to wipe down the equipment that was used to complete your workout. Antibacterial wipes are available in the Fitness Center for this purpose.**
- It is recommended that anyone using the Fitness Center (residents, tenants, guests) consult with their physician prior to beginning their workout program.
- Storage bins are provided in the Fitness Center to store your personal belongings. For safety reasons and to prevent items from being lost or misplaced, personal items are not permitted on the exercise floor.
- Proper exercise attire is required in the Fitness Center. Only closed-toe, rubber sole shoes are to be worn at all times. Street shoes, golf shoes, boots, flip-flops, aqua shoes, sandals, and bathing suits are not acceptable.
- Personal workout equipment must not be brought into the Fitness Center. Fitness equipment can not be scheduled for group training sessions. Personalized training sessions can not reserve fitness equipment or restrict normal use of equipment by a member.
- Please read all equipment instructions before beginning your exercise program.
- Free weights must be racked after each use. Do not drop free weights to the floor. Do not bang machine weights against the machine.
- All equipment, mats, bands, balls, free weights, etc., must be put away after use.
- There is a 30-minute time limit on all cardio equipment while other members or guests are waiting.
- No food or drink other than water in a plastic spill-proof water bottle is permitted in the workout area.