

Fitness Center Policies

1. Facility is open 24 hours daily
2. Use equipment at your own risk
3. Absolutely no children under sixteen (16) years of age permitted in Gym. This includes children confined to strollers and baby carriers & children waiting inside the fitness are.
4. Teens between the ages of 16-17 may use the fitness center under direct supervision of an adult eighteen (18) years of age or older.
5. Proper attire is required: No sandals, open toe shoes or bare feet. Shirts and Athletic shoes must be worn at all times, no Metal riveted jeans or shorts permitted.
6. No food, tobacco, gum or open containers allowed, closed plastic beverage containers are permitted.
7. Please wipe down equipment after use.
8. Please “re-rack” weights and return all equipment to appropriate locations after use.
9. Weights must not be dropped as this disturbs neighboring units. Please be courteous to your neighbors. Do not throw or drop weights.
10. Interactive or contact sports such as boxing, wrestling etc. are prohibited.

11. Please limit cardio activity to 30 minutes when others are waiting.
12. Please allow others to “work in” between sets.
13. Follow all instructions regarding proper use of equipment as posted.
14. Please report any equipment problems to the front desk or manager immediately

Association assumes no liability for or any injuries or accidents that may occur. Your cooperation in following these policies will help to make the fitness center a pleasant and safe place in which to workout.