



Fitness Center Rules

1. Persons under the age of 16 are not allowed to use fitness equipment unless accompanied by an adult resident. Persons under the age of 14 are not allowed in the fitness center.
2. Appropriate fitness attire is required. Closed-toe athletic shoes and appropriate attire must be worn at all times.
3. Residents only- guests are not allowed in the center. Trainers must be homeowners and obtain approval from the General Manager.
4. Use equipment at your own risk. If you are unfamiliar with the use of equipment, please refrain from using until you have received proper instruction. Instructional videos coming soon!!
5. Report any non-working equipment to management office.
6. Management is not responsible for injury or loss.
7. No smoking, food, or pets allowed. Refrain from bringing beverage items other than water onto the fitness floor. Open containers are not allowed.
8. No personal audio equipment without headphones allowed.
9. Any abuse of the facility could result in loss of privileges.

10. Management observes the right to deny use of the fitness center to anyone at any time.
11. Consult your physician before using any equipment or before beginning an exercise regimen.
12. Re-rack weights and return all equipment to their proper location.
13. Do not remove equipment from fitness center.
14. Wipe down equipment and mats after each use.
15. Limit cardio use to 30 minutes.
16. Limit number of sets to no more than two, when another resident is waiting to “work in” on the same piece of equipment.
17. Refrain from “dropping” the weight stacks while using any piece of equipment. Return the weight stack slowly to the starting position. This insures minimal wear on the equipment and also reduces your risk of injury.
18. Proper use instructions must be followed, as posted on each piece of equipment.

IN CASE OF AN EMERGENCY, CALL 911