



Fitness Room Rules and Regulations

Relevant Committee/Contact: Facilities & Community Manager

The following clarifies the use of the Fitness Room.

- No one under the age of 19 years old is permitted in the exercise room.
- Users should consult their physicians before starting an exercise program and follow their physician's recommendations.
- Guests must be in the company of their sponsoring resident while using any portion of the recreational facility.
- Residents have priority over guests in using any of the exercise equipment, including the locker.
- A resident and/or guest who choose to use the equipment in the exercise room will do so at their own risk. Users should employ the "buddy system" and should, for their own safety, always have another person present when they use the equipment in the gym.
- Proper exercise attire must be worn. A shirt and shoes must be worn at all times in the fitness room. Bare feet are not permitted outside of the indoor/outdoor pool enclosures. Shower/water shoes should be used in the locker and shower areas.
- If there is another user waiting to use the exercise equipment, a thirty- minute (30) time limit on the exercise machine is necessary. We ask that the users be considerate of each other and adhere to this rule.
- ALL users must wipe down the exercise equipment after each use.
- In order to prevent the destruction of the exercise equipment, particularly the treadmills, **no street shoes or outdoor sneakers** of any type are permitted on the exercise equipment. (Outdoor sneakers especially those with the hard sole and "knobby treads" are not allowed.) Anyone using the equipment in the gym should bring a pair of sneakers with him or her to be used on the exercise equipment. All sneakers treads should be checked before using the equipment. Any debris in the shoes treads must be removed. Anyone who does not is subject to suspension of facility privileges.
- Lockers are available for the use of all residents and their guests while using the recreational facilities. The lockers must be emptied at the end of such usage on a daily basis. No one will be permitted to store items in the lockers overnight.