



Fitness Room Rules

- a) The exercise room is for the use of Residents and their guests only. No person shall use the exercise room except after prior consultation with a physician who advises that such person may use the exercise room.
- b) The exercise room is used at the users' risk. The Board of Directors, agents of the Board of Directors and employees of the Corporation are not responsible for accidents, injuries, lost or stolen personal property, or any other damages howsoever caused.
- c) All weight equipment shall be used properly. Users must not bang the weights as they may shatter and cause injury. Users are reminded that they are responsible for any damages to the equipment and/or the property.
- d) Proper soft-soled shoes, shorts or sweat pants, and shirts shall be worn at all times. Cut-off pants and bathing suits are not proper attire.
- e) Persons under 16 years of age are not permitted to use the weight equipment.
- f) Neither smoking, eating or beverage consumption, other than water or sports beverages, is permitted in the exercise room.
- g) When there is demand, no individual piece of equipment should be used for more than 20 minutes at a time.
- h) All equipment (exercise and audio-video) shall be shut off after use.
- i) Exercise equipment shall be wiped down after use.
- j) Hours of operation: 05:00am-12:00am

**Subject to change*