

## FITNESS CENTER POLICIES

All members, transferees and their guests are entitled to the use of the Fitness Center. Hours: Staffed 8am-3pm Monday –Friday, Saturday and Sunday 8am-1pm. Card access is 5am-10pm daily.

1. Use of the equipment should be in accordance with manufacturer's recommendations.
2. Use of the Fitness Center and equipment is at one's own risk. The Club accepts no liability for injuries.
3. No glass or any kind is permitted in or around the Fitness Center. No food is permitted in or around the Fitness Center.
4. Children under the age of 16 are NOT permitted to use the equipment at any time.
5. Individuals planning to use these facilities are urged to consult their physician and have an exercise program arranged.
6. Fitness/walking shoes and proper attire – no bathing attire – must be worn when using the fitness equipment. Sandals, flip-flops, etc. are not allowed.
7. Use of the equipment should be limited to thirty (30) minutes when another individual is waiting to use that particular piece of equipment. Equipment should be cleaned after each use. Cleaning cloths are available in the Fitness Center.
8. Please check the bulletin board in the Fitness Center for scheduled classes throughout the year.
9. Report any abuse of facility or faulty equipment to 304-1948.