The Rec Fitness Center Rules

1. The Fitness Center is for residents only - guests are not permitted. Do not hold the door open for others to enter without a fob.

2. The Fitness Center will be accessible 24/7 with resident fob.

3. Residents must be 16 years or older to use the fitness equipment. An adult resident must accompany youth between the ages of 14-15.

4. No one under the age of 14 is permitted in the fitness center.

5. Appropriate fitness attire is required. Must wear closed-toe athletic shoes and appropriate attire must be worn at all times.

6. Wipe down equipment and mats before and after each use.

7. Management is not responsible for injury, exposure, or loss. 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.

8. Report any non-working equipment to management office.

9. No smoking, food, or pets allowed. Refrain from bringing beverage items other than water onto the fitness floor. Open containers are not allowed.

10. No personal audio equipment without headphones allowed.

11. Any abuse of the facility could result in loss of privileges.

12. Consult your physician before using any equipment or before beginning an exercise regimen.

13. Re-rack weights and return all equipment to their proper location.

14. Do not remove equipment from fitness center.

15. Limit cardio use to 30 minutes during peak times and when another resident is waiting to use equipment.

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 ensures minimal wear on the equipment and reduces your risk of injury.

18. Proper use instructions must be followed, as posted on each piece of equipment.

19. Management observes the right to deny use of the fitness center to anyone at any time.

IN CASE OF AN EMERGENCY, CALL 911