

FITNESS ROOM PROTOCOL

1. All equipment is available on a first come, first served basis. No advance reservations are allowed.
2. If someone is working out when you arrive, it is appropriate to inquire as to what progressions each of you plan so as to accommodate all users to the extent feasible on all equipment.
3. If others are in the room with you, please keep the television or any music at a moderate sound level.
4. Please don't leave trash or used towels behind.
5. No person under age twelve (12) is permitted to use the fitness equipment at any time
6. Youths, ages 12-17, must have written parental consent to use the fitness equipment and must be accompanied by an adult Member while using the fitness equipment.
7. Appropriate fitness clothing is required. Swimsuits, halter-tops, and open-toed shoes may not be worn.
8. Body oils and/or lotions should be removed before use of equipment.
9. The user must wipe down equipment with disinfectant provided in the fitness room after each use.
10. Immediately report any malfunctioning equipment to Ken Gerhardt.
11. Inform Ken Gerhardt immediately of any injury you suffer, or you see occur.
12. The facility is for the use of property owners and house guests only.
13. Fitness Center is open 5:00 am – 10 pm daily.

PLEASE BE SURE TO SIGN IN

YOU ARE WORKING OUT AT YOUR OWN RISK, BE CAREFULL!