

FITNESS CENTER RULES

The following rules were designed to protect the substantial investment residents made in our Fitness Center and to enhance their enjoyment and experience. We wish to provide an atmosphere in which each user of our Fitness Center will be respectful and considerate of others and take personal responsibility for the care and preservation of our facility and its equipment as if it were his or her own valued possessions.

The success of our Fitness Center depends on the cooperation, courtesy, and respect of all our residents.

SOCIETY RESERVES THE RIGHT TO ADJUST, MODIFY, OR CHANGE ANY OF THESE RULES AT ANY TIME

THE FACILITY IS OPEN EVERY DAY 4:30 A.M. – 11 P.M.

SECURITY

- Every resident is required to scan their picture ID card before entering the Fitness Center. If ID is lost, it is a \$25.00 fee for a replacement obtained at the Activity Center.
- Resident's ID is required to be visible while working out.
- Camera surveillance will be always monitoring the facility.
- Heritage Hills Society is not responsible for lost, stolen, or damaged personal items.
- Inappropriate behavior by a resident or their guest will not be tolerated including reluctance to follow Fitness Center Rules and Regulations. Security will be called for assistance, and you may be subject to having your privileges suspended.

GUESTS

- During the hours of 8 a.m. – 8 p.m. each resident will be allowed up to 2 guests.
- Resident guests MUST sign in at the Security Office and provide one form of identification.
- The same guest will not be allowed to use the Fitness Center more than three times in one month.
- Resident must remain in the Fitness Center with their guest throughout the entire workout period.

CHILDREN

- No one under 12 years of age will be permitted into the Fitness Center.
- Residents 12-15 years of age are permitted to use the Fitness Center unaccompanied and must present their Junior ID card. This card does not allow guests and for safety reasons Junior ID holders may use the Fitness Center only when a staff member is present.

EQUIPMENT

- Cardio workouts are strictly limited to 30 minutes if there are other residents waiting.
- Weights are restricted to free weight area only.
- Dumbbells and free weights are to be returned to rack upon completion of workout.
- Exercise mats are to remain in assigned areas only.
- Wipe stations are provided to clean equipment before and after each use.
- Moving equipment around is prohibited by residents.

BOXING EQUIPMENT

- Use of the large heavy weight bag is permitted with your own personal gloves.

LOCKER ROOM

- Provide your own lock for lockers.
- Locks must be removed upon exiting the facility. Locks will be clipped if found overnight and contents discarded.

INSTRUCTORS

- Our in-house Certified Staff is available to provide instruction to residents on how to use the equipment or set up a workout program on a one-time basis. Please see Staff for an appointment and a workout card will be provided.
- No Personal Trainers, other than Fitness Center Staff are allowed to train residents in the Fitness Center.
- Private training may be arranged with a Staff member outside of their working hours.

GENERAL RULES

- Except for capped water bottles, eating or drinking is prohibited.
- Proper fitness attire and closed-toe athletic footwear is required. Open toe or open back shoes are not permitted. Winter footwear *i.e.*, boots and hiking shoes are not permitted.
- Coats, bags, and purses are not permitted in the fitness area. Coat hangers are provided in locker rooms.
- Individual entertainment devices are permitted with headphones only.
- Cell Phone use in the Fitness Center is strictly prohibited except for entertainment purposes.
- You must provide your own towel for use on equipment, mats, and showering.
- Residents are responsible for any damages arising from misuse or abuse of equipment.
- Please respect your neighbors' space and keep conversations to a minimum.

USE OF THE FITNESS CENTER IS AT YOUR OWN RISK