

## **Fitness Center**

1. Use of the Fitness Center is limited to members and their guests, eighteen (18) years of age or older. Guests not holding valid Guest Cards must be accompanied by the host member.
2. All persons using the Fitness Center and/or exercise equipment do so at their own risk and explicitly accept the provisions of the Certification and Waiver Notice which is posted in the Fitness Center and is included in the booklet entitled Exercise Guidelines. The booklet is available at the Lodge Office.
3. Users of the Fitness Centers are advised to become familiar with the information in the Exercise Guidelines booklet before beginning an exercise program or significantly increasing an exercise regimen. The booklet is designed to provide general principles and guidelines appropriate for an older population as well as instructions for each piece of equipment. Copies of the booklet are available in the Lodge Office. The Fitness Center Committee strongly recommends taking the booklet to the health care professional, discussing exercise goals, and in consultation with that professional, setting up an exercise program with precautions and/or limitations noted.
4. Upon entering the Fitness Center, the user must log in on the sign-in sheet and check off the equipment to be used.
5. Appropriate attire is expected, i.e. shorts or slacks and tops; sweatsuits or warm-ups; and athletic shoes. Bare feet, swim suits, and above all, shower shoes, sandals, or thonged-floppies are not allowed. Each user should bring a towel to wipe perspiration off the equipment after use.
6. Users are responsible for the proper use of the exercise equipment. Instructions on the use of equipment are contained in the Exercise Guidelines booklet. In addition, members of the Fitness Center Committee are available for instruction on the proper use of equipment. The names and telephone numbers of the Committee members are available in the Lodge Office.
  - a. Do not move, repair, or adjust the exercise equipment, especially treadmills. Notify the Lodge Office or the Security Guard of any piece of equipment not in good working order.
  - b. Users of a treadmill should return the treadmill incline to "zero" and turn off the power when finished.
7. The use of a treadmill or bike is limited to 20 minutes if someone is waiting. The 20-minute exercise period begins when you begin exercising, not when someone begins waiting.
8. The last person to leave the Fitness Center should turn off the radio, fan, and lights.
9. As a precaution, do not attempt to set up someone else's exercise program. An individual's medical history, previous injuries, surgeries, illnesses, medications, age, and general well being are best evaluated by one's own health care professional.

10. An emergency button is located and prominently identified on the wall in the Fitness Center which, when pressed, will summon the lifeguard on duty. An emergency call to 911 can be placed (without depositing coins) from the pay phone in the hallway.