

Amenities Rules and Regulations

AEROBICS AND WEIGHT ROOMS

1. **All Residents and Guests use the Aerobics and Weight rooms at their own risk.** Residents must carry their access fobs at all times while in the recreation facilities.
2. These rooms are **strictly for the use of Residents only and their occasional guests** (only one guest/child is allowed at a time). The rooms opened from 8am until midnight daily. Residents and/or Guests under the age of 16 are strictly prohibited from using these rooms unless they are accompanied and supervised by a Resident over the age of 16. Each Resident is responsible for ensuring that his or her minor children or Guest is fully aware of all rules and regulations.
3. Proper attire is required when using the exercise rooms, and recognizing the variety of exercise outfits available today, proper decorum must be exhibited in wearing outfits that do not overly expose the wearer. Shirts and shoes must be worn at all times. No street clothes shall be allowed to be worn, and only non-marking (or non-skid) athletic shoes shall be worn. Wet attire, including bathing suits are prohibited.
4. Only a beverage (non-alcohol) is permitted and must be in a non glass container.
5. Personal time limit on any machine/equipment must be limited to no more than a half-hour.
6. All equipment must be treated with reasonable care and caution. Removal of any equipment from the exercise room for any purposes is strictly prohibited.
7. **Music players of any type** are not allowed. Personal music players used with headphones at a volume such is not audible to others are permitted.
8. After use, every area that was touched on all machinery or equipment used **MUST** be wiped thoroughly with the disinfectant provided, by wetting a disposable paper towel. Get every part, the seat, handles and anywhere touched!
9. Weights must be returned to the storage rack after use. Mats and all equipment must be replaced where they belong.
10. Any person engaging in boisterous behavior of any sort and other general forms of misconduct may be ejected from the recreation facilities by the property manager, superintendent or concierge, who has unfettered discretion to determine what constitutes “boisterous behavior”.