

GUIDELINES FOR USE OF THE FITNESS CENTER

To ensure that the use of the Fitness Center continues to provide a fun, healthy and enjoyable experience for all, please show courtesy and respect to other participants by abiding by the following guidelines:

- Use of the Center is restricted to Waterlefe employees and residents age 16 and older. Residents under the age of 16 must be accompanied by an adult resident. Guests must be accompanied by a Waterlefe resident.
- Each member must have a signed liability waiver with the River Club management prior to using the Fitness Center.
- New members are strongly encouraged to schedule a fitness orientation with a personal trainer before using the Fitness Center.
- Please sign in every time you work out.
- Cell phone use in the Fitness Center is prohibited. Please set phones on “vibrate” or “mute” if you must have a phone in the Fitness Center. Please make and answer calls outside.
- Television usage is limited to ear phones or closed captioning. Open audio is not permitted.
- Proper hygiene is required. Please wipe down the machines after each use. Antibacterial spray and paper towels are provided. Please limit the use of cologne and perfumes as they may cause allergic reactions in others.
- Please use appropriate clothes and workout towels. Shirts and dry, closed-toed athletic shoes are required.
- Please limit time on cardio machines to 30 minutes when all machines are in use and others are waiting.
- Pick up after yourself. Please return free weights and equipment to the original position/racks. Use equipment properly. Do not sit on equipment between sets. Please allow others to exercise on machines and with the weights between your sets.
- Please do not slam, drop, clang, or throw weights on the floor when you are finished exercising.
- Please use the exercise studio (across the hall), when available, for stretching or conducting yoga-style exercises. Mats should be returned to the storage rack. Lying on the floor near free weights is dangerous.
- Food is not allowed in the Fitness Center. All beverages must be in capped, plastic or aluminum bottles – no glass allowed.
- Please use the mailbox provided for keys and for other small personal items. Lockers are available for storage of gym bags, etc., on a daily basis in the men’s and women’s locker rooms.

Those who use this facility are deemed to have accepted these guidelines.