

## GLEN ACRES EXERCISE/RECREATION ROOM RULES

HOURS ARE 6:00 AM TO 9:00 PM 7 Days a Week

**ALL THOSE USING THE EXERCISE ROOM DO SO AT THEIR OWN RISK. THE ASSOCIATION IS NOT RESPONSIBLE FOR INJURIES OR ACCIDENTS**

1. The Exercise Room shall be available for use by owners only. Guests are permitted on short-term basis not to exceed 20 days and must be accompanied by an owner. Owners are responsible for any liability that may arise with a guest.
2. Keys for The Exercise Room are to be used solely by owners and who have signed the Waiver of Liability. Keys must not be loaned to non-owners or guests.
3. **NO SMOKING** in the Exercise Room. We must comply with insurance and Fire Department requirements.
4. No Food and Beverages are allowed, except water or sport drinks, which must be in closed, plastic containers. GLASS OR ALCOHOLIC BEVERAGES ARE STRICTLY PROHIBITED.
5. The Exercise Room is not supervised and ***you are exercising at your own risk***. Consult a physician before starting a new exercise program.
6. All weight training should be performed in a controlled, safe manner. Use extreme caution when lifting weights to avoid injury to yourself and others. Do not attempt to use equipment if you are unfamiliar with its proper use.
7. Appropriate attire must be worn at all times in the Exercise Room. This includes closed-toed athletic shoes, shorts and shirts.
8. The television is provided for your enjoyment. Please keep volume of the Television & any stereo equipment at a reasonable level so as not to disturb owners. No television before 8:00 am daily, unless a head set is used. The use of a headset for stereo equipment is strongly recommended. Turn off Television after use.
9. Due to the limited amount of exercise equipment available, users are asked to limit their work out on any single piece of equipment to 20 minutes when someone else is waiting to use that machine.
10. Equipment users must disinfect equipment before and after each use. Please do not spray disinfectant directly on electrical components of equipment-spray disinfectant on paper towel or use disinfectant wipes to wipe down the equipment.
11. Return all portable sports equipment, (i.e.) ball, weights, mats, videos, etc. to their proper location. For safety, do not attempt to move the exercise equipment.
12. Do not lean weights on machines or walls. Dropping or slamming weights is prohibited.
13. Please dispose of litter, trash & debris properly and keep the Exercise Room clean for all users.
14. Use of the Exercise Room as a storage area is ***prohibited***. Space in the room is not to be used as storage for old furniture or equipment. All furniture and equipment that has not been authorized by the Exercise Room Committee will be removed and discarded immediately.
15. If you have sport equipment to donate, send an email or contact the management office with your request. Glen Acres HOA Manager will contact the committee and ask them to respond to your request within 30 days.
16. If any exercise equipment is damaged or broken **DO NOT USE IT!** Advise the Glen Acres HOA Management office immediately. Clearly mark the equipment so others will not use.
17. Any conduct which unreasonably interferes with the use or enjoyment of the Exercise Room or the equipment by other users, or disrupts or interferes with the normal, safe, orderly and efficient operation of the equipment is strictly prohibited. The right to use the Exercise Room may be revoked at any time upon the sole discretion of Glen Acres Management, Board or Exercise Room Committee.