

WestFork Village Clubhouse

Fitness Room Guidelines

Hours of Operation 5:00 a.m. to 10:00 p.m.

Closed-toed shoes are required when using the exercise equipment in the fitness room along with the proper attire.

Please spray and wipe down any exercise equipment that you use with the provided disinfectant and hand towels.

Report broken equipment to the management and discontinue use immediately.

Return free weights to the rack when you are finished. Always keep in mind when using the free weights that dropping them does damage the carpet.

Children under eighteen (18) years of age must be accompanied by an adult.

Two Guests per unit are permitted with a \$3.00 fee for any additional guests.

Please ask yourself the following questions before using the exercise facilities to determine if your activity is appropriate for your medical condition.

- Has your doctor ever said you have a heart condition and that you should only do physical activity recommended by a doctor?
- Do you feel pain in your chest when you do physical activity?
- In the past month have you had chest pain when you were not doing physical activity?
- Have you ever dizzy, lost your balance, or lost consciousness?
- Do you have a bone or joint problem that could be made worse by a change in your physical activity?
- Has your doctor ever recommended or prescribed medication for your blood pressure or a heart condition?
- Are you aware, through your own experience or a doctor's advice, of any other reason why you should restrict or not do physical activity without medical supervision?

Use of this facility is at your own risk. Practice safety. Neither the Association nor its agents are responsible for any accidents or injuries during the use of the Fitness room by residents or guests.

CLUBHOUSE AND FITNESS CENTER RULES.

Your Clubhouse and Fitness Center operates under strict guidelines to minimize Liability to you and your Association. You and Your guests must obey the established rules and polices; you are responsible for your guests at all times.

Manager enforcement of the rules is less desirable than self-enforcement. You may feel that the managers should be less strict, but please remember they are enforcing the polices adopted by your Association and Insurance Company.

Please remember it is not about you, it is about them doing the job your association hired them to do which includes preventing damages and potential liabilities.

Thank You.

Management