



# **FITNESS CENTRE** **REGULATIONS**



## **Hours: 5 AM–11 PM**

Usage of the Fitness Centre is at the sole discretion and risk of residents of The Lakes at Rocky Ridge. The Homeowners Association (HOA) assumes no responsibility for any injuries incurred while using this facility.

Violation of the below regulations will result in a review by the HOA Board of Directors, and appropriate action will be taken. All new residents are **REQUIRED** to sign both the Lake Club Security Access form and the Lake Club Waiver form **PRIOR** to utilizing any Lake Club facilities. These forms can be obtained from our website: [www.thelakesatrockyridge.com](http://www.thelakesatrockyridge.com)

1. The Fitness Centre is exclusively for the Lakes at Rocky Ridge HOA members and Manor Village staff.
2. **Children under the age of 12 are PROHIBITED from entering the gym. Minors aged 12 and older MUST be supervised by an adult.**
3. Due to the inherent risk of personal injury associated with the use of the Fitness Centre, it is strongly recommended that you consult your physician before engaging in any activities.
4. Appropriate exercise attire is MANDATORY. Outside footwear is STRICTLY PROHIBITED within the gym.
5. Food and beverages are forbidden, with the sole exception of sealable water containers.
6. Please demonstrate respect for others by maintaining courteous and appropriate behavior at all times.
7. Dropping weights and moving machines is not allowed.
8. A 30-minute time limit applies to all equipment.
9. Equipment must be sanitized after use and returned to its original location.
10. The final person exiting the gym in the evening is to turn off the lights and fans.
11. The HOA is not liable for lost or stolen items. Found items are placed in a basket located in the Games room.
12. Report any equipment malfunctions or specific concerns to the Lake Club Manager ([activity.lakeclub@outlook.com](mailto:activity.lakeclub@outlook.com) or 587 349 1338), or leave a note in the suggestion box.

**Your cooperation is greatly appreciated.**