

Date Approved: 01-24-2018

January BOD Meeting: *BMAH*

## Use of Laurel Lakes Fitness Room

- Use of fitness room is permitted for residents and their guests, age 16 or older. The resident must be present when their guests are using the exercise room.
- Proper attire is required, including athletic clothing (sleeved shirt) and rubber soled shoes with closed toes.
- Music may be played in the exercise room using headphones or earbuds only. No boom boxes or audio systems with speakers are permitted.
- Except for bottled water, no food or beverage is allowed in the exercise room.
- Leave equipment in its proper place and ready for use by the next person. Leave all machines in the "off" position. Store free-weights on the weight rack after use.
- Sanitize/wipe-down equipment after use.
- No equipment may be removed from the fitness room at any time for any reason.
- Personal trainers are permitted for training residents only. Trainer must be approved in advance and must provide the HOA with a current liability insurance certificate. A copy of All Certification Certificates which are required by Florida State statutes including CPR or other Safety or first aid certifications to keep on record.
- If others are waiting to use a piece of cardio equipment, please limit your use to 30 minutes. When using the weight machines, please work in sets with others.
- No cell phone use in the exercise room. If you must talk on your cell phone, please walk outside to have the conversation.
- No heavy perfume or cologne in the fitness room.