



**140 South Fitness Center
Rules & Regulations**

- The Fitness Center is open from the hours of 5:00 a.m. to 10:00 p.m. daily. Use of this area outside of these hours is strictly prohibited.
- Use of the Fitness Center is limited to residents living in the building and their guests. Residents are limited to two (2) guests at one time. Residents must accompany their guests and remain with their guests **at all times**.
- To gain access to the Fitness Center, residents must use the customized security key card at the card reader near the entrance.
- No unaccompanied minors are allowed in the Fitness Center. Any person under the age of 18 must be accompanied by the parent or a responsible adult resident who is 18 years or older. Parents are responsible for and must supervise their children **at all times**.
- Use of tobacco, alcohol, illegal performance-enhancing drugs or narcotics is strictly prohibited.
- Leave the Fitness Center area as you found it. REPLACE ALL WEIGHTS & wipe down machines after use. Please bring your own towel for this purpose.
- All glass items (bottles, glass cups, etc.) are strictly prohibited in the Fitness Center. Food and beverages, except bottled water, should be consumed in the break room area only.
- Only suitable athletic shoes and sports attire is to be worn while using the exercise equipment. Shirts are to be worn while in the Fitness Center.
- Do not “monopolize” the exercise equipment. Thirty (30) minutes is the maximum time on any one piece of equipment (especially aerobic exercise equipment), if someone is waiting to use it.
- Personal trainers are permitted to enter and use the Fitness Center when accompanied by resident members. However, personal trainers must not utilize the Fitness Center equipment in a way that prohibits or limits use by other members who are not accompanied by a trainer.

- If you have a personal trainer for your exclusive use, you may use the Fitness Center. You may share a personal trainer with a maximum of one (1) other resident. A personal trainer is limited to instructing no more than **two (2)** residents at any given time.
- No pets are allowed in the Fitness Center.
- The Fitness Center does not provide shower or spa facilities; please feel free, however, to use the restroom located adjacent to the breakroom.
- Please limit cellular telephone conversations while in the Fitness Center or exit to the lobby when on a call.
- No wheeled recreational vehicles shall be allowed in the Fitness Center. This includes, but is not limited to bicycles, tricycles, scooters, wagons, skateboards or roller skates/blades.
- Personal listening devices (such as MP3 players and iPods, etc.) are permitted **only** when used with headphones.
- Please consult a physician before starting any exercise program.
- Use of the equipment in this facility is at your own risk.
- You must read, understand and sign the 140 South liability waiver prior to using the Fitness Center.

By my signature below, I attest that I have read, understand and agree to abide by the rules and regulations stated above. I further understand that, should I violate any of these regulations, my membership in the Fitness Center at 140 South may be revoked at any time.

 Signature Unit#

 Printed Name

 Date

* WHEN COMPLETED PLACE
 FORM IN FRONT OF DOOR
 UNIT#446