

# Wellness Center Rules / Regulations

Welcome to the 2600 Association Wellness Center. The following Rules and Regulations have been established to help ensure your safety and enjoyment of our facility.

1. All owners in good standing and renters at 2600 Association, 18 years and older, are eligible to join. Residents between the ages of 16 and 18 may apply for membership, but must be accompanied at all times by a responsible adult. No one under the age of 16 is permitted in the Wellness Center.
2. Use of this facility is at your own risk.
3. The 2600 Association and Management assume no responsibility for any injury that may occur.
4. All users of the Wellness Center's facilities should consult with their personal physicians to ensure they are in proper physical condition to do so.
5. The Center is open 24 hours a day, 7 days a week.
6. Only use equipment for their intended purpose—follow equipment instructions carefully.
7. Time restrictions may apply to certain equipment (e.g., treadmills, elliptical machines) when the Center is crowded and must be adhered to.
8. Wellness Center members who wish to use the Center's facilities (e.g., TV/DVD equipment) for group sessions (not led by a professional instructor) are permitted to do so. Such sessions must be reserved in advance and the time slots reserved will be posted on the Fitness schedule. TV/DVD usage by any member or group is limited to one hour.
9. Group exercise classes, led by professional instructors, may be offered from time to time, at an additional charge. Class descriptions, sign-up procedures and fees will be posted when such classes are made available.
10. Members should respect time restrictions on use of facilities as well as reservations posted by other users. If a desired time slot has already been reserved, future reservations should be planned accordingly.
11. Proper attire and footwear must be worn at all times (with the exception of Yoga which is generally practiced barefoot). No shoes, sandals or flip-flops are permitted.
12. No food, alcohol, hot beverages, smoking, glass containers or pets are allowed. Please use closed or spill-proof containers for all drinks.
13. Personal property should not be left unattended. The Association and Management are not responsible for any lost or stolen items.
14. Free weights must be returned to racks when not in use.
15. All members are responsible for keeping the Center clean, as well as wiping down equipment when finished.
16. Faulty or damaged equipment should be reported to the building staff and/or building manager immediately.
17. At no time are you permitted to remove any equipment from the Wellness Center, this includes gym equipment, electronics, or any of the training aides (CD's, DVD's).
18. You are responsible for any damages to equipment and/or facilities that are caused from improper use of equipment and/ or not following the rules and regulations as outlined.

WE RESERVE THE RIGHT TO AMEND OR ALTER THESE RULES AND REGULATIONS WITHOUT PRIOR NOTICE AT OUR SOLE DISCRETION. ANY INFRACTIONS OF THESE RULES AND REGULATIONS MAY BE CONSIDERED CAUSE FOR SUSPENSION OF WELLNESS CENTER PRIVILEGES. THOSE NOT ADHERING TO THESE RULES AND REGULATIONS MAY BE EXCLUDED FROM USING THE CENTER.

## IN THE CASE OF AN EMERGENCY CALL 911