



# BURKHART R I D G E

## FITNESS CENTER POLICIES AND RULES

1. The Fitness Center is available 24 hours a day, 7 days a week for all Residents who have a valid liability waiver on file and have attended an instructional session.
2. All residents and guests using the Fitness Center do so at their own risk. Burkhart Ridge or its management assumes no responsibility for any accident or injury to any Resident or guest in connection with such use or for lost, damaged or stolen personal property.
3. All users are urged to consult a physician prior to beginning any exercise, particularly those with a history of heart disease, high or low blood pressure, diabetes or other medical condition.
4. Resident and guests 16 and 17 years of age may enter and/or use the fitness center only if accompanied by a parent and/or legal guardian. Residents and guests under 16 are not permitted inside the fitness center at any time. Residents 18 years of age and over need no supervision.
5. Residents are permitted to be accompanied by one (1) guest while using the Fitness Center.
6. All Residents must register their guests at the Community Office and have them sign a liability waiver prior to using the Fitness Center.
7. Personal trainers are permitted in the Fitness Center. Personal trainers are considered a guest and are required to register with the Community Office and sign a liability waiver.
8. Access to the Fitness Center is by an electronic card system. Sharing of cards is strictly forbidden and may result in the loss of privileges.
9. Access to clubhouse restrooms is available during business hours only. Additional restrooms are available seasonally in the pool area during pool hours. Please use the facilities at your home outside these hours.
10. Equipment must be used in a safe and proper manner. There are to be no modifications to the equipment.
11. Residents and guests are not permitted to bring into the Fitness Center any equipment other than exercise mats.
12. Appropriate clothing must be worn in the Fitness Center at all times. Buckles, snaps, buttons, etc. on street cloths can pose an injury to you and the equipment. Rubber soled shoes, preferably athletic shoes, are required when using the exercise equipment. Bathing suites and/or bare feet are not permitted in the Fitness Center.
13. Smoking and alcoholic beverages are not permitted in the Fitness Center.
14. Food, gum and drinks are not permitted in the Fitness Center. Water bottles with caps or lids are allowed.
15. Cardio equipment use is limited to 20 minutes when someone is waiting.
16. Allow others to use weight equipment between sets.
17. Clean equipment after use with the supplied cleaning towels and cleanser.
18. The use of televisions in the Fitness Center is a privilege. Please be courteous to others and see that they are kept at an appropriate volume.
19. Only music devices with individual headsets are permitted.
20. Do not open any windows or prop open any doors. Doing so will set off security alarm system.
21. Please see that the lights in the Fitness Center are left on at all times.
22. Thermostats and temperature sensors are not to be tampered with. If the temperature in the Fitness center is not comfortable, please ask management for assistance.
23. Security cameras are in place for loss prevention only. It should not be assumed they offer any additional level of personal safety.
24. In case of physical emergency, pull fire alarm for assistance.
25. Profanity, abuse of equipment, improper conduct or failure to comply with the Fitness Center policies and rules will result in expulsion from the facility and loss of privileges indefinitely.
26. Residents will be required to use pool pass to enter pool area. Initial cost of pass is \$10.00. Replacement of a lost, stolen or destroyed card is \$25.00.

The Burkhart Ridge owners and staff wish to make this a happy and safe environment for our residents. We hope you enjoy using the recreational facilities and understand why the rules and regulations must be enforced at all times.

Thank-You,

Burkhart Ridge Management

---

Date

---

---

Date

---

---

Date

---

---

Date

---

---

Date

---

---

Date

---

---

Date

---