

## FITNESS CENTER RULES OF USAGE

1. All members and their guests are required to sign a "Release of Liability Form" and sign in upon entry before using the fitness center. WLCC assumes no liability for injuries or accidents in the fitness center.
2. Children under the age of sixteen (16) are not permitted to use fitness equipment unless accompanied by an adult.
3. Proper fitness or exercise attire is required of all persons in the fitness center. Proper attire includes tee shirts, sweat shirts and pants, and athletic or running shorts. Denim, tank top shirts, muscle shirts, swim or beach wear, revealing outfits, briefs without leg covering and cut-off shorts are not considered proper attire and may not be worn in the fitness center. Running, tennis or athletic shoes must be worn at all times in the fitness center. Absolutely no sandals, open toed or open-backed shoes are permitted in the fitness center.
4. All equipment safety procedures must be adhered to at all times.
5. Personal water and sports drinks in sealable, plastic containers may be brought into the fitness center. No glass or breakable containers are allowed in the fitness center. No other food or beverages should be consumed in the fitness center.
6. Use of Equipment. Members must use the fitness equipment only in the manner intended by the manufacturer and authorized by the Club. Please follow all instructions and posted signs carefully. No members or personal trainers shall move or modify the equipment in any manner whatsoever. No free weight or loose equipment shall be used in connection with any mechanical equipment or in any manner for which the equipment was not originally intended. Return all fitness equipment (dumbbells, mats, balls, etc.) to its original storage area or rack after use. All fitness equipment (dumbbells, mats, balls, etc) are to remain inside the fitness center at all times. Members, personal trainers and guests may not bring in their own fitness equipment, unless the equipment is required by an instructor for a specialized session. The use of any cardiovascular equipment should be limited to thirty (30) minutes when others are waiting to use the same equipment.
7. All members are required to wipe down cardiovascular and strength equipment after each use. Paper towels and disinfecting spray are available for use.
8. Guests-All guests are required to be registered in the Clubhouse prior to usage of the facilities. A \$10 fitness fee is associated with all non-accompanied guest usage. Non-members can be guests for a maximum of three times.
- 9) No pets in the fitness center unless a service animal.