

## **MILLBRIDGE FITNESS CENTER RULES**

*(Revised by the Board of Directors - January 2025)*

1. The Fitness Center is for residents only and is open from 4 a.m. to 11 p.m. daily. Use of the facility after hours is prohibited, and all workouts must be completed prior to 11 p.m. Guests are NOT permitted.
2. Residents must be 16 years of age or older to use the equipment or be present therein. Minors that are 12 to 15 years of age may use the equipment when accompanied by an adult over 21 years of age.
3. No one under the age of 12 is permitted in the facility unless accompanied by a resident 21 years of age or older. Those under 12 years of age must always remain in the playroom. In addition, any items used in the playroom must be returned to their respective places before leaving. Non-residents are NOT permitted to enter or utilize the equipment in the Fitness Center.
4. Residents using the Fitness Center MUST use their assigned FOB to enter the facility and have that FOB remain in their possession. Each person entering the facility must FOB in and not permit anyone to piggyback into the facility utilizing their permitted entry. Family members (i.e., spouses/children) are the exception.
5. All residents must also sign in the log located at the entryway whether an attendant is present or not. If you permit someone to enter the facility behind you without a FOB, you will be responsible for any damage caused to the facility and/or equipment. Do not share or lend your FOB to anyone!
6. Participants in weight and fitness programs must recognize that all physical activities involve some risk. By participating in any Fitness Center activities, including but not limited to cardiovascular exercise, there is an assumption of risk by the participant. It is recommended that prior to beginning any physical activity program, it is best to check with your physician.
7. Participants are responsible for knowing their limitations for their health and safety.
8. Use of Equipment: Powerlifting excessive weights, dropping weights to the floor, and using weights without collars in place is strictly prohibited. Weights, barbells, exercise balls, mats, etc. are to be returned to their proper locations. Do not leave them strewn about the floor.
9. Equipment, furnishings, and facilities may not be misused. Persons damaging equipment or any part of the facilities will be held financially responsible for the cost of repairs and may be subject to fines up to and including the loss of Fitness Center access privileges.
10. During busy times, please limit your time on any machine to thirty (30) minutes so that others can use it. After using, wipe down the machines/equipment with the cleaning wipes provided. Please ensure that all televisions, screens, or equipment are turned off prior to exiting the facility.
11. Proper Attire: Residents are reminded that shirts and shoes must always be worn. Only clean athletic footwear is permitted. Before entering the Fitness Center, please clean all dirt/mud from your shoes. Participants should bring their own workout towel when using the facility.
12. Loitering is not permitted.
13. Take all trash and personal belongings with you when you leave. The Millbridge Homeowners Association, Inc. is not responsible for lost or stolen items.
14. The following are prohibited in the Fitness Center: Smoking, including vaping, Alcohol, profanity, any distraction to any other resident utilizing the facility, pets, bicycles, roller blades, skateboards, wheeled toys, loud music, or any items that may cause damage or a nuisance to others.