

# **FOREST LAKES FITNESS FACILITY POLICIES**

## **For the Safety and Enjoyment of our Residents**

- Be considerate of other members, wipe down equipment after exercising. Leave the equipment the way you would like to find it on your next visit.
- Limit equipment use to 30 minutes when others are waiting.
- Children under 12 years of age are NOT permitted in the fitness center at any time.
- Children ages 12 - 15 must be directly supervised by a parent/adult while using the exercise equipment.
- Youths ages 16 – 18 may use the facilities independently provided they follow posted policies.
- Proper athletic attire and clean athletic shoes must be worn during exercise. No open toed shoes or wet swimsuits are permitted in the fitness rooms.
- Treat TVs with TLC. Please use courtesy in channel selection and volume level. If you are the last person to leave, please turn off the TVs.
- No food is permitted in the exercise rooms. Water/Sports drinks are permitted in sealable containers.
- Use all exercise equipment for its intended purpose only. Do not attempt to manipulate machines to perform unintended functions.
- Report any problems and/or maintenance issues to the FLCA Community Manager at 973-4596 or email [manager@forestlakes.net](mailto:manager@forestlakes.net)

This is an unsupervised facility. EXERCISE AT YOUR OWN RISK. FLCA assumes no responsibility while you exercise. If you have any questions or concerns about undertaking exercise or starting a fitness program, consult your physician before beginning. If you feel, faint, dizziness, pain or other symptoms of illness during exercise, stop at once. When appropriate, seek medical advice as soon as possible.

**Fitness Center is closed from 12:00am – 4:30am**

AND EVERY WEDNESDAY FROM 7:00-8:00pm for special cleaning

**Smoking and Alcohol are prohibited**

***Security camera surveillance operates 24 hours daily***

Fitness Center Address: 1650 Ashwood Blvd