

# Fitness Center

## *Fitness Center Guidelines*

### **Gym Etiquette:**

For the benefit of all the residents using the fitness center, please make sure to follow the basic rules of gym etiquette including:

- Please clean all machines and equipment with antibacterial wipes after each use.
- Please put all equipment back from where it came including weights, benches, bands, straps, and all accessories.
- Please adhere to the facility dress code including shirts and sneakers. Rubber-soled athletic shoes must be worn. Open-toed shoes, street shoes, or golf shoes are not permitted in the workout areas. Proper athletic or gym attire must be worn. Shoes worn on clay tennis courts must be cleaned before entering the fitness center.
- Please limit cardio machine use to 30 minutes if others are waiting.
- Please no slamming down of weights or other equipment.
- Please no food or drink other than water or energy drinks in closed containers inside gym.
- Group Exercise rooms may be used by Residents and Personal Trainers when not occupied by fitness classes. Please do not take any weights into group exercise rooms. Please also be respectful to fellow Residents if class being held in adjacent room.
- All guests must sign-in at the Fitness Center desk before use of the facilities.
- To maintain a respectful environment, kindly refrain from cell phone use in the fitness center.

### **Sign Up Online Fitness Classes:**

To pre-sign up for a fitness class, kindly register via the **Sarasota National website** by logging in with your member log-in, click the **Fitness Center tab**, then select **Fitness Class Registrations**. The registration for classes is (7) days prior to the scheduled class date. If you are put on the waiting list, please check your emails first thing in the morning (as well as your junk/spam emails) to see if you were put into the class overnight.

### **Fitness Center Cancellation:**

To ensure everyone has a chance to join our fitness classes, we have implemented a late cancellation policy. If you need to cancel, please do so 12 hours before the class start or you will be charged as a late cancel to your club account. For water classes, during cold temps or inclement weather there will be an alternative class offered in the group exercise room.

**Thank you from The  
Fitness Center Staff  
941-504-4767**