



FITNESS CENTER RULES

ALL PERSONS USING THE FITNESS CENTER DO SO AT THEIR OWN RISK.

The Naples Reserve Homeowners' Association, Inc. (herein referred to as the "Association"), Management and Staff assume no responsibility for any accident, personal injury or for any loss or damage to personal property arising out of, or in connection with the use of the fitness center.

1. General Rules:

- a. No one under the age of eighteen (18) is permitted to use the fitness room equipment unless accompanied by an adult, parent, or legal guardian. Persons ages 16 and 17 may use the fitness area without supervision when a signed waiver is on record in the management's office.
- b. Shirt and proper shoes must always be worn. Clean rubber-soled athletic shoes and appropriate athletic-styled attire are required. Bikinis, flip flops and sandals are prohibited. Bathing suits and wet clothing are not permitted in the fitness room at any time.
- c. Talking on cellphones in the fitness center is not permitted.
- d. Alcohol, glass containers, smoking/vaping, illicit drugs or horseplay are not permitted.
- e. The Fitness Center is not to be utilized as a walk through to the pool.
- f. Please report any faulty equipment to Management immediately.
- g. Fitness room is for residents and guests who are utilizing the equipment. Loitering is not permitted.
- h. Reserving of machinery by use of towels or personal items is not permitted. Towels and/or personal items on machines for this purpose will be removed and placed at Member Services in Lost & Found.
- i. Please limit use of each machine to 30 minutes max to permit others to enjoy their workout.
- j. All televisions should be turned off prior to leaving the fitness center – unless being viewed by other residents.
- k. Equipment and/or remote controls should not be removed from fitness center at any time.
- l. In case of emergency – call 911

2. Clean-up:
 - a. Residents and guests are expected to keep the room clean and orderly.
 - b. Persons using equipment must use furnished antiseptic wipes to clean equipment after use.
 - c. Return all equipment to its proper location (dumbbells back on the racks).
3. Proper Use:
 - a. Proper use of exercise equipment is always expected. Do not use “WEIGHTS” on cardio equipment.
 - b. Persons using equipment should familiarize themselves with proper use of equipment prior to usage.
 - c. Weights should not be dropped to the floor.
4. Risk:
 - a. Each person using equipment does so at his/her own risk.
 - b. Management assumes no responsibility for any injury that may occur.
 - c. Please only use equipment if you are in the proper health to do so.
5. Removal of Equipment:
 - a. Equipment and/or remote controls should not be removed from fitness center at any time.
 - b. Persons are required to leave weights in their proper storage location.