



### Fitness Center Rules

1. All Members and guests are required to register at the fitness center each time they visit the fitness center. The Member is responsible for their guest's fee and charges.
2. Prior to using the cardiovascular or strength exercise equipment, Members are advised to complete a fitness center orientation class. The Fitness & Wellness Coordinator will explain the various pieces of equipment, the muscle group or groups affected, and demonstrate the safe and proper use of the equipment. The Coordinator will assist the Member in designing a workout program to meet the Members fitness goals and objectives.

Upon completion of this process, the Member may begin his or her workout program. Please call in advance to schedule your orientation class.

3. Use of the exercise equipment is on a first-come-first-use basis. If others are waiting, the Member is asked to relinquish the piece of equipment they are using after thirty (30) minutes.
4. Small workout towels are available in the fitness center. Please drop them in the designated hampers before leaving the facility. The towels are not to be used as shower or pool towels but to enhance your comfort while working out.
5. The televisions in the fitness center are for the enjoyment of all and will be controlled by the fitness staff. However, if you have a request please ask the staff member on duty, they will do their best to accommodate you.
6. The fitness center will be open seven days a week. Check the Club newsletter for seasonal hours of operation.
7. A full schedule of aerobic classes as well as other fitness related classes and activities will be planned throughout the year. We encourage Members to check the Club newsletter and with the fitness staff to verify dates, times, costs and class

sizes.

8. After completion of your workout please wipe off the equipment, so the subsequent user will not be inconvenienced.
9. Personal training services are also offered at the fitness center. For additional information and details, please contact the fitness staff.
10. The fitness staff is duly authorized by the Club to enforce the rules and regulations pertaining to the operation of the fitness facility and equipment.
11. Children under the age of sixteen (16) are not permitted to use the fitness equipment unless such use is specifically approved by the Fitness & Wellness Coordinator and part of a sports development program planned and supervised by Four Bridges Country Club.