

Vista Lakes Fitness Room Rules & Regulations for resident use only

Reviewed: September 2016

A valid Vista Lakes ID and access card is required for the fitness room. A release form must be obtained from the Administration Office and signed before the first use of the room. Members may not loan their access card to other members or guests. Members must be in good standing with the Association to maintain active status for their access card to use the facilities.

You should consult your physician before using the exercise equipment. By signing the release form you understand and acknowledge that we have no expertise in diagnosing, examining or treating any medical condition. You agree you will not use the facilities with any medical condition, including open cuts, abrasions, sores, infections, maladies or inability to maintain personal hygiene. If such a condition poses a direct threat to the health or safety of yourself or others, you agree to use the facilities in accordance with all applicable public health requirements. It is your responsibility to consult with your physician to determine if any of these medical conditions exist and if so, whether such condition poses a direct threat to the health or safety of yourself or others. The HOA reserves the right to make a final determination in this regard.

Use of the facility is restricted to residents 18 years or older. Residents 15-17 years of age may use the facility but must be accompanied by a registered Fitness Center user aged 18 or older at all times while in the fitness room. No children under 15 are permitted in the fitness room at any time.

The HOA reserves the right to deny use of the facility to any person whose attire is not considered to be appropriate for use of the facility. Required attire: short sleeve t-shirt or full sleeveless tops (upper chest, back & midriff must be covered), sweats, shorts, leotards, tights, warm-ups & athletic shoes. Towels are required to wipe equipment clean after use.

Members must use the equipment only in the manner intended by the manufacturer and must be authorized by the Association by signing the release form and purchasing an access card. Please follow all instructions and posted signs carefully. We reserve the right to limit your use of the equipment or facilities to ensure the equitable use of the equipment in any manner whatsoever. No free weights or loose equipment shall be used in connection with any mechanical equipment or in any manner for which the equipment was not originally intended. If you believe a piece of equipment is malfunctioning, please notify the administration office immediately. Members may not bring in their own equipment. Do not use the equipment if you are taking any medication that may cause drowsiness.

Members are subject to the control and guidance of HOA staff and management and must follow their instructions while in the fitness room. Members agree to conduct themselves in a quiet and well-mannered fashion when in or about the facility and not cause any disturbances or interfere with the safe use or enjoyment of the Fitness Center by other members. Any complaints other than those of an emergency nature or requiring immediate attention shall be made directly to the Administration Office.

Food and beverages are prohibited in the fitness room, with the exception of water in plastic containers. No glass containers are permitted in the fitness room. Please properly dispose of all drinking containers and refuse in the trash receptacle.

The Association's Board of Directors reserves the right to amend or alter these rules and regulations at any time at its sole discretion. All amendments to these Rules and Regulations are effective immediately. In accordance with your agreement and these rules, we may revoke or suspend your privileges if you fail to follow the rules and regulations or for other reasons including nuisance, disturbance or moral turpitude.

If you have any questions please feel free to contact the Community Manager for assistance. We look forward to helping you improve your health.