

# LIONS HEAD SOUTH ASSOCIATION, INC. FITNESS CENTER RULES

## FITNESS CENTER IS FOR RESIDENTS ONLY

1. Each person entering the Fitness Center must first (1) read and sign a Waiver, (2) and attend an equipment orientation. All necessary forms and schedules can be obtained from the Lions Head South Office.
- 2. The Fitness Center is provided for the convenience of the Association residents. Lions Head South Association, Inc. assumes no responsibility for any injury that may occur as a result of your use of the Fitness Center.**
3. Always consult your doctor before undertaking any exercise program.
4. Review and follow all equipment directions while using the Fitness Center.
5. Wear appropriate clothing and footwear while exercising. Remove jewelry, rings, chains, pins or anything else that may catch or snag before exercising.
6. Use equipment in adequate space, ensuring there is enough clearance on all sides.
7. Do not perform strenuous exercise alone. There should always be someone to assist you.
8. No eating or drinking in the Fitness Center, except for water in a capped bottle.
9. Wipe down all equipment after use.
10. Replace all weights after use.
11. You are responsible for your own belongings while in the Fitness Center. Lions Head South Association, Inc. is not responsible for any lost or stolen items.

**This list should not be taken as exhaustive. YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY.**

**IN CASE OF EMERGENCY CALL 911**