



## Fitness Center Guidelines

### **REGISTRATION:**

- All participants must complete a registration and waiver form at the Front Desk in the lobby. The facilities are closed to the general public.

### **HOURS:**

- The Fitness Center is open 24 hours. All use is at participant's own risk.

### **POLICIES AND GUIDELINES:**

- The Fitness Center is ONLY open to residents and staff.
- Persons under eighteen (18) must be accompanied by a parent or legal guardian
- Wear proper training attire, particularly shirts and athletic shoes at all times. Jeans and open toed shoes (sandals) are not permitted.
- No outside footwear (clean and dry shoes only).
- Immediately report a facility-related injury or an equipment irregularity or malfunction to the front desk manager.
- Please clean equipment following each use.
- Please return all equipment to appropriate location following each use.
- Tobacco, food, chewing gum, glass bottles, and cans are not allowed in the fitness facility; plastic water bottles are acceptable.
- The facilities are operated on an open recreation concept. Participants are expected to move from station to station at a reasonable rate. Please restrict your use of any single piece of equipment to 30 minutes when others are waiting.
- Bags, coats and personal items are not allowed in the facility. Personal items are not permitted on the gym floor or equipment. Please remember that we are not responsible for lost items. The Owners, the management company, and its agents and employees are not responsible for lost or stolen items.
- Participants may be required to pay replacement costs for damaged equipment as a result of their reckless or negligent behavior.
- Reckless and/or negligent behavior will be grounds for removal from the Center.
- All participants are required to fill out and sign a Fitness Center Waiver before using the facility.
- Please be advised that policies and guidelines are subject to change.



## Fitness Center Registration & Waiver

\_\_\_\_\_  
Name

\_\_\_\_\_  
Name

\_\_\_\_\_  
Name

\_\_\_\_\_  
Unit

The Owners make no representation or warranty as to the condition of any materials and/or equipment or its fitness for any particular purpose. All individuals should consult with and follow the advice of their physician before embarking on any fitness or exercise program, and should immediately cease activity and seek medical treatment if they experience any irregular physical reaction, sensation, or symptom.

By signing this form and engaging in use of Croydon Hall Apartment's Fitness Center facilities, materials and/or equipment, the individual named on this form hereby releases the owner (49<sup>th</sup> And Spruce Associates LP), its management company (49<sup>th</sup> and Spruce Associates LP) and other agents from any liability or damage arising out of the use of Croydon Hall Apartment's facilities, equipment and/or materials, and hereby acknowledge that any use is at the sole risk of the individual.

TENANT \_\_\_\_\_

DATE \_\_\_\_\_

TENANT \_\_\_\_\_

DATE \_\_\_\_\_

TENANT \_\_\_\_\_

DATE \_\_\_\_\_