

CYPRESS RIDGE HOMEOWNERS ASSOCIATION
FITNESS CENTER RULES & REGULATIONS

PLEASE NOTE * Cypress Ridge Homeowners Association may revoke the use privileges of any property owner(s) for a specified period of time for noncompliance with any of the published rules for the use of the common area facilities, whether due to a negligent, deliberate or willful act or behavior. Any and all penalties will be determined by the HOA for these acts or behavior or for any act of vandalism by a homeowner, a minor or a guest of a property owner. The sponsoring property owner shall be responsible for the actions of their family or guest and may lose his or her privileges or will be charged for any and all damages.

WHO CAN USE THE FITNESS ROOM

The Fitness Room is provided for the enjoyment of homeowners and their accompanied guests. All assessments must be paid in full in order to have access to the facilities. Pool & Fitness Room use is denied until dues have been paid. Additionally, any outstanding fines must be paid in order to use the facilities. Guests are limited to three (3) non-residents for each household. An adult is described as being **18** years of age or older. **Children under the age of 15** and all guests must at all times be accompanied by an adult homeowner whose assessments are current. **PETS** will not be allowed inside of the Fitness Room.

Hours of Operation

Fitness Room hours are from 8am-9pm

Children

Children aged 11 and under are not permitted in the fitness room at any time. This includes strollers, baby carriers and children sitting inside the fitness room area while a parent/guardian is exercising.

Teens between the ages of 12-15 may use the fitness room equipment when accompanied by an adult who is responsible for direct supervision. An adult is defined as someone 18 years or older, and direct supervision is defined as being immediately adjacent to the machine that the child is using. The adult may be using an adjacent machine or standing next to the machine that the child is on.

Footwear

Rubber soled shoes that cover the entire foot must be worn at all times. For health and safety reasons, sandals, spiked shoes, work boots and flip flop types of shoes are not permitted.

Clothing

Shirts must be worn at all times. Bathing suits and jeans are not permitted in the fitness room.

Food/Beverages

Food is not permitted in the fitness room. Closed, plastic beverage containers are allowed.

Use of Equipment

Please be considerate of other customers, wipe down equipment after each use, and return the weight plates and dumbbells to the racks provided.

Circuit training has priority. Please allow others to "work in" (share) the circuit equipment in between sets.

Cardiovascular equipment use is limited to 30 minutes when people are waiting.

Personal Belongings

Cypress Ridge Homeowners Association is not responsible for personal belongings lost or stolen in the facility.

Equipment Malfunctions

Please report any equipment problems to Community Management Group at (843) 795-8484.

Safety Precautions

Using a spotter when lifting weights is recommended. The fitness room is not always supervised and you are exercising at your own risk.

Cypress Ridge Homeowners Association is not responsible for any injuries that may occur.

I/we, the undersigned, agree to abide by all of the above listed Rules & Regulations for the Cypress Ridge Pool and Amenity Center. I/we understand that the Association may revoke our privileges for a non-specified period of time for noncompliance of these rules.

Signature:_____ Date:_____