

Lakes of Bella Terra Inc.
Fitness Centers Rules and Regulations
Open daily 5AM – 11PM with your access card
PARTICIPANTS EXERCISE AT THEIR OWN RISK & RESPONSIBILITY
Waiver Form Must be Signed – Contact VanMor

General

1. The use of the fitness center is for Lakes of Bella Terra Residents only. One guest per resident is allowed to accompany resident.
2. Children under fourteen (14) years old are not allowed in the Fitness Center. Youth ages 14-17 are allowed in the Fitness Center only under the supervision of an adult eighteen (18) years and older.
3. Cell phones should be put on vibrate (ringers turned off) while in Fitness Center.
4. No book bags, fanny packs, jackets, etc., should be left lying on the floor. Neither the Lakes of Bella Terra Community Association Inc., L.O.B. Limited Partnership, Ryko Development, Inc., nor VanMor Properties are responsible for lost or stolen property.
5. No food, drinks, tobacco products, or chewing gum are allowed in the Fitness Center. Exception is bottled water or sports drinks in a sealed, unbreakable container.
6. Participants must clean up after themselves, throw away any trash, and clean any spills immediately.
7. Respect for equipment, facilities, staff and other residents must be demonstrated at all times.
8. Medical check-up and approval by personal physician before participation in any physical activity is strongly recommended especially for men and women over 40 and persons with any potentially limiting physical condition (pregnancy, back or heart problems, diabetes, etc.)
9. Call 9-1-1 in case of an emergency.

Attire and Etiquette

10. Time is limited to thirty (30) minutes on cardiovascular equipment when someone is waiting. When performing more than one set on weight equipment, please allow others to “work in” between sets.
11. Only personal stereos with headphones are acceptable, so music cannot be heard by others.
12. Participants must dress appropriately to maintain a sanitary environment and to protect upholstery on equipment. Sweatshirts, t-shirts, shorts or exercise pants are required. No swim suits allowed.
13. Closed-toes shoes appropriate for exercise (jogging, court aerobic) must be worn at all times. No sandals, open-toed, or open-backed shoes allowed.
14. Proper conduct is expected while using the facility. Foul language, harassment of any kind or other abusive or other improper conduct is considered inappropriate and is not allowed. Any case of inappropriate conduct may result in loss of privileges.
15. Participants with offensive body odor will be asked to shower and change. Excessive perfume is inappropriate and is not allowed.

Use of Equipment

16. Before using any machine, you should familiarize yourself by reading the instructions provided.
17. Perform weightlifting exercises properly, safely, and under control at all times. Do not drop or slam weights.
18. Only one person is allowed on a machine at any one time. It is recommended that participants have a spotter when using bench press and other free-weight equipment.
19. No equipment is to be moved from its designated area and may not be taken out of the Fitness Center.
20. Only equipment provided by the Lakes of Bella Terra Fitness Center may be used. Do not bring outside weights or any other apparatus into the Fitness Center.
21. Machines must be wiped down after use and all weights removed from equipment when workout is complete. Return dumbbells to the rack.
22. Each user should furnish a towel to wipe down equipment after exercising. Sanitary wipes are available in Fitness Center and should be used to wipe down equipment.
23. Report any broken, damaged, or unmaintained equipment to VanMor Properties.