

# **Sterling Hill Fitness Center Rules & Regulations**

## **Age Requirements:**

- Fitness center for Sterling Hill residents only.
- Residents age 18 or older may get one day approval for guests from manager.
- You must be 16 years of age or older to use fitness center without parent or legal guardian.
- Children ages 13-15 must be accompanied by a parent or legal guardian.
- No one under the age of 13 is permitted in the fitness center. No exceptions!
- Age verification in the form of picture ID or birth certificate may be required anytime by staff.

## **Fitness Center Hours:**

- 5:00 AM – 10:00 PM
- Open 7 days a week.
- Staff will post when closed for Holidays and maintenance.
- Interior lights will shut off automatically at 10pm, and alarm will activate.
- All activities are being recorded 24 hours a day.

## **Rules and Regulations:**

- In case of an emergency dial 911
- You must have your Sterling Hill swipe card to gain access.
- No Tailgating - You may not open the fitness center doors for someone without a swipe card. If you do so you may be asked to leave, have your access suspended, or access terminated completely.
- All concerns, equipment malfunctions, damaged equipment and/or maintenance should be reported to clubhouse staff.
- Use of the facility is at your Own Risk. Please use caution when exercising.
- No dropping weights, emotional outbursts, or loud grunting while working out. Respect others.
- No loud or offensive language or behavior.
- No radio or music from cell phones or other devices. Headphones or ear buds are permitted.
- All personal affects must be kept off the workout floor.

- Keep the facility clean. Put weights back where they belong, and pick up after yourself.
- Fitness machines and equipment must be wiped down after each use with wipes or spray provided.
- No loitering, drug use, smoking, electronic smoking devices, or alcohol of any kind is permitted in facility.
- Do not deface or destroy any property within the fitness center to include walls, floors, equipment, and restrooms. You will be responsible for the cost of repair.
- Proper workout attire is mandatory. Closed toe athletic shoes, athletic shorts or pants, and shirt required. No sandals, flip-flops, boots, dress shoes, jeans or street clothes permitted.
- Proper hygiene is required. You must have on clean clothes. Inappropriate body odor, strong perfumes, or cologne is offensive.
- Please use all fitness equipment properly and in a safe manner.
- If another resident is waiting, equipment utilization is limited to 25 minutes.
- Water or other sports drinks must be contained in non-breakable spill proof containers.
- No outside food is permitted.
- All other general facility Rules apply.

**The Sterling Hill staff reserves the right to suspend or terminate fitness center access if any rules and regulations are not followed.**