

Lake Forest II Fitness Center Rules

To ensure the enjoyment and safety of all members and their guests, we ask that you please:

- Consult with a physician before you start any exercise program.
- Do not use any equipment without reading and following the proper instruction.
- The Fitness Center does not provide an attendant. It is recommended that you do not exercise alone.
- Use of the Fitness Center is restricted to residents 14 years or older. No children under 14 are permitted in the Fitness Center at any time. Residents 14 to 15 years of age may use the Fitness Center only when accompanied and supervised by a responsible Lake Forest II member aged 18 or older at all times while in the Fitness Center. Each person using the Fitness Center must have a Release of Liability Agreement on file with the Association. Parents or legal guardians of minors must complete a Release of Liability Agreement for Minors on behalf of the minor.
- Abuse of the equipment and facility are grounds for restriction from the Fitness Center.
- Proper attire must be worn at all times. Shirts and closed toe rubber soled shoes are required. No bathing suits or blue jeans.
- You must have a hand towel in your possession at all times and wipe perspiration from the equipment after you have completed your exercise.
- Access cards are to be checked out and returned to the Front Desk.
- A signed copy of the Rules and Regulations as well as the Release of Liability Agreement must be on record before the Fitness Center can be used.
- Please return weight plates and dumbbells to their storage pegs or racks.
- Please limit your time on the bikes, treadmills, elliptical walker and stair climber to 30 minutes when others are waiting.
- Please store all personal belongings in the racks designated for this purpose.