

POMONA

FITNESS CENTER RULES

1. THE FITNESS CENTER IS FOR RESIDENTS ONLY. GUESTS ARE NOT PERMITTED.
2. THE FITNESS CENTER WILL BE ACCESSIBLE 24/7 WITH RESIDENT ACCESS CARD.
3. TRAINERS MUST OBTAIN APPROVAL FROM THE GENERAL MANAGER.
4. RESIDENT MUST BE 16 YEARS OR OLDER TO USE FITNESS EQUIPMENT. AN ADULT RESIDENT MUST ACCOMPANY YOUTHS BETWEEN THE AGES 12-15.
5. NO ONE UNDER THE AGE OF 12 IS PERMITTED IN THE FITNESS CENTER.
6. APPROPRIATE FITNESS ATTIRE IS REQUIRED. MUST WEAR CLOSED-TOE ATHLETIC SHOES AND APPROPRIATE ATTIRE AT ALL TIMES.
7. MANAGEMENT IS NOT RESPONSIBLE FOR INJURY OR LOSS. USE EQUIPMENT AT YOUR OWN RISK. IF YOU ARE UNFAMILIAR WITH THE USE OF EQUIPMENT, PLEASE REFRAIN FROM USING UNTIL YOU HAVE RECEIVED PROPER INSTRUCTION.
8. REPORT ANY NON-WORKING EQUIPMENT TO MANAGEMENT OFFICE.
9. NO SMOKING, FOOD, OR PETS ARE ALLOWED INSIDE FITNESS CENTER. REFRAIN FROM BRINGING BEVERAGE ITEMS OTHER THAN WATER ONTO THE FITNESS FLOOR. OPEN CONTAINERS ARE NOT ALLOWED.
10. NO PERSONAL AUDIO EQUIPMENT WITHOUT HEADPHONES ALLOWED.
11. ANY ABUSE OF THE FACILITY COULD RESULT IN LOSS OF PRIVILEGE.
12. CONSULT YOUR PHYSICIAN BEFORE USING ANY EQUIPMENT OR BEFORE BEGINNING AN EXERCISE REGIMEN.
13. RE-RACK WEIGHTS AND RETURN ALL EQUIPMENT TO THEIR PROPER LOCATION.
14. DO NOT REMOVE EQUIPMENT FROM FITNESS CENTER.
15. WIPE DOWN EQUIPMENT AND MATS AFTER EACH USE.
16. LIMIT CARDIO USE TO 30 MINUTES, DURING PEAK TIMES AND WHEN ANOTHER RESIDENT IS WAITING TO USE EQUIPMENT.
17. LIMIT NUMBER OF SETS TO NO MORE THAN TWO, WHEN ANOTHER RESIDENT IS WAITING TO "WORK IN" ON THE SAME PIECE OF EQUIPMENT.
18. REFRAIN FROM "DROPPING" THE WEIGHT STACKS WHILE USING ANY PIECE OF EQUIPMENT. RETURN THE WEIGHT STACK SLOWLY TO THE STARTING POSITION. THIS INSURES MINIMAL WEAR ON THE EQUIPMENT AND ALSO REDUCES YOUR RISK OF INJURY.
19. PROPER USE INSTRUCTIONS MUST BE FOLLOWED.
20. MANAGEMENT RESERVES THE RIGHT TO DENY USE OF THE FITNESS CENTER TO ANYONE AT ANY TIME.

IN CASE OF AN EMERGENCY, CALL 911