



Monterrey Condominium

Fitness Facility Rules & Regulations

The Monterrey Fitness Facility is for the enjoyment of all registered owners, guests and renters.

FITNESS CENTER – GENERAL USE

1. **Hours** – 5AM. to 12AM. Please read and follow all equipment operating instructions thoroughly before using any equipment.
2. **Liability** – It is the responsibility of every user to have, on record at the Monterrey Office, a fully executed Release of Liability for use of the exercise equipment. **(Release attached)**
3. **Access** – The fitness center can be accessed through the social room or through a side door behind Tower-3. Access is granted through the use of proximity fobs. Each fob is identified by a number which is electronically recorded, by unit, after each use.
4. **Cameras** – The Fitness Center is monitored by surveillance cameras. Inappropriate activity is recorded. The owner will be held accountable for actions of their family, guests or renters.
5. **Age Limit** – Children under the age of 16 must be accompanied by an Adult/Guardian and monitored while using the fitness equipment. Children 16 years of age and older must act responsibly or this privilege will be taken away.
6. **Smoke Free Facility** – Absolutely no smoking permitted in Fitness Room.
7. **Pets** – Absolutely no pets permitted in Fitness Room.
8. **Dress Code** – Remove sand from shoes before entering. Athletic shoes only. Shoes must be worn at all times. Proper attire required. Men must wear a shirt. Swimming and/or beach attire are not permitted.
9. **Drinks / Food** – Only beverages in closed non-breakable containers are permitted. No alcohol. No food.
10. **Equipment Use** – Wipe off equipment after use. Sanitary wipes are provided. If someone is waiting to use a specific cardio machine (treadmill, elliptical or bike), the current user should not exceed 30 minutes on a specific piece of equipment.
11. **Equipment Storage** – Return all equipment back to proper storage area.
12. **Equipment Maintenance** – Users should report any equipment malfunctions immediately to the office.
13. **Video Equipment** – Users are responsible for furnishing personal TV hearing headsets.

SPECIAL NOTE: When using the strength equipment or free weights, please keep from letting the weight stack slam on the equipment. In addition, do not drop the free weights on the floor as the vibration disturbs the residents above.

