

Aberdeen Exercise Room Rules

1. The exercise room may be used from 7:00am until 9:00pm.
2. Residents Only, not open to the public.
3. In the interest of Safety, No one under the age of 16 is permitted in the equipment room.
4. Be sure to consult your physician before starting any exercise program.
5. Do not use any equipment unless you are sure how the equipment operates.
6. All persons must wear shoes and proper clothing when using the facility.
7. No Radios, headsets only.
8. All persons using the equipment must provide their own towel to wipe off the equipment after its use.
9. No food will be permitted in the exercise room, plastic water bottles are permitted.
10. If someone else is waiting, Please do not use any piece of equipment for more than 30 minutes.
11. After use, please turn off all equipment.
12. Please turn off all lights when leaving, if no one else is in the room.

NOTE:

The use of this facility and equipment requires training and proper physical conditioning, this is not a supervised activity. Any unit owner or other individual making use of this facility and equipment, shall do so solely at his or her own risk. The Association, its Board, and agents disclaim any and all liability for any and all liability for any injury, disease, or disability, of any nature whatsoever, arising out of the use, maintenance, manufacture and construction of this facility and equipment.