



## **Baynard Park and Parkside Recreation Association** **FITNESS CENTER GUIDELINES**

- **Property Owner must be up to date on POA assessments to use the facility.**
- **This facility is for the use of Property owners, their Dependents and Accompanied Guests, only.**
- **The Board of Directors requires that Property Owners have a signed Liability Waiver on file with Bundy Appraisal & Management before they, their dependents and/or guests use the exercise room. Improper or unskilled use of this equipment can lead to injury. Your use of this facility indicates your willingness to assume personal responsibility for these risks.**
- **Children under 16 years of age must be supervised by a Parent while in the Fitness Center.**
- **Each piece of equipment has specific warnings that children not be allowed on or near the equipment.**
- **Consult your physician prior to beginning any exercise program. If exercising alone, keeping a cell phone handy to call for help is a wise precaution. If you feel pain or abnormal symptoms, stop your workout and consult a physician.**
- **Never use equipment that is working improperly. Call Bundy (843-524-2207 x 227 or x 229 or x 0) to report equipment needing repair.**
- **Do not modify the equipment or use it in ways not intended by the manufacturer.**
- **Please wear proper gym attire to include tennis shoes. No wet bathing suits, sandals, flip flops, etc allowed.**
- **Bathrooms in this facility are for use by people using the Fitness Center and NOT to be used by those coming out of the pool. NO WET BATHING SUITS ALLOWED IN THE FITNESS CENTER.**
- **Be courteous of others if they are waiting in line to use equipment also.**
- **Please wipe machines after your use.**
- **Turn off lights, fans and the TVs before you leave.**
- **This is a Smoke Free environment.**