



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 instructions.
- ❖ The Sun & Sail Club Fitness Center does not provide an attendant. It is recommended that you do not exercise alone.
- ❖ Use of the Fitness Center is restricted to those persons 18 year of age and older. Those members 14 – 17 years of age may use the Fitness Center only if they are accompanied and supervised by their parents.
- ❖ 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. Undergarments and/or tights must be worn under all workout apparel. No bathing suits or blue jeans.
- ❖ You must have a towel in your possession at all times and wipe perspiration from the equipment after you have completed your exercise.
- ❖ Access to the Fitness Center is to be gained only after surrender of Driver's License, or deposit, and signature on log.
- ❖ Access cards are to be checked in and out at the Front Desk.
- ❖ A signed copy of the Rules and Regulations as well as the Informed Consent Release and Waiver must 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.