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## FITNESS CENTER POLICY

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V1.0 08-27-19

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### General:

The Keola Lai Fitness Center on the 4<sup>th</sup> Floor Recreation Deck has exercise equipment for use by Keola Lai residents and guests, subject to the terms and restrictions below.

### Hours:

The Fitness Center is open 24 hours a day.

### Guidelines and Prohibitions:

The Fitness Center may only be used by registered Keola La'i residents and their guests. No more than two (2) guests of any given apartment may use the Fitness Center simultaneously. All guests must be accompanied by a resident over the age of eighteen (18).

Children under twelve (12) years of age must be supervised at all times by an adult capable of ensuring their safety.

Every Fitness Center user must be considerate of other users and must not interfere with the ability of others to enjoy the facilities. Please refrain from yelling, using profanity, banging weights, and making loud noises.

Phone or video calls are prohibited in the Fitness Center. Please silence cell phones.

Personal earphones/headphones must be used with music and electronic devices.

Appropriate clothing and proper footwear must be worn at all times.

All commercial activities are prohibited in the Fitness Center.

### Equipment Use:

For your safety, as well as to protect the equipment, read and understand operating instructions before using any of the equipment. Equipment must be used in the way in which it was intended. Improper use may lead to the suspension of the Fitness Center privileges.

Be courteous to other residents wishing to use the equipment. When someone is waiting, please do not use or stay on a piece of equipment for more than forty-five (45) minutes.

A user may be on only one (1) machine at a time. Machines cannot be reserved or held.

All equipment must be wiped clean after each use. All weight plates and dumbbells must be returned to the racks provided. Lower the weight stacks on the equipment, if any, to their start positions to avoid striking other plates.

Turn off TV monitors when you have completed your workout.

Please inform the Security Office if you notice any equipment that is not functioning properly, or if you observe another resident using equipment in an unsafe or improper manner.

### Indemnity:

Use of the Fitness Center and equipment is at your own risk. The Association is not responsible for any injury that may occur. By using the Fitness Center, you are assuming all risk of injury, illness, death, loss, or damage which may result.