

Cardio Gym Rules of Use

The following rules of use apply to the South Riding Cardio Gym, located at 42420 Unicorn Drive, and its contents:

1. The South Riding Cardio Gym will be available for resident use 24 hours a day/ 7 days a week. These hours are subject to change by the ASSOCIATION (South Riding Proprietary) and may be amended from time to time.
2. All persons who utilize the cardio gym exercise equipment do so at their own risk. Members assume the full risk of loss and responsibility for damage to health from the use of the cardio gym. Members should consult a physician before using the cardio center.
3. It is the responsibility of all persons to obtain instruction on how to use the equipment prior to usage of such equipment, and the equipment is only to be used in accordance with such instructions.
4. Equipment must be wiped down after use with supplies that are provided. Members are responsible for disposing of all trash (i.e. water bottles, paper towel, etc) properly.
5. Appropriate workout attire is required at the cardio center such as tee shirts, tank tops, gym shorts, or warm-up pants for men; and leotards, tights, tee shirts, tank tops, gym shorts or warm-up pants for women. Only aerobic or court shoes shall be worn. Swimwear is not allowed or considered appropriate workout attire. If utilizing the cardio center after visiting the pool area, patron must be in appropriate dry clothing.
6. During workouts only, clothing or personal articles may be stored in the lockers provided in the locker room. Members must provide their own locks to secure personal property in the lockers. SRP will not be liable for any lost or stolen property. All locks and personal property must be removed from the locker room upon departure from the cardio center. Any remaining locks will be removed and contents of the locker will be confiscated and held for a 30 day period.
7. Children under the age of 13 are not permitted to enter or use the cardio gym. Children ages 13 through 17 may utilize the cardio center when accompanied by an adult, parent or legal guardian over 21 years of age. Only persons 18 and over may enter and use the cardio center equipment unsupervised.
8. Horseplay, profanity, disruptive conduct and indiscreet behavior at the cardio center are strictly prohibited and are grounds for denial of use and suspension of privileges.
9. Television should not be turned up so loud as to disturb fellow Members.
10. Use of the fitness equipment should be limited to 20 minutes while others are waiting.
11. No Freelance Personal Training is allowed at any time. Only contracted and insured instructors that have been authorized by South Riding Proprietary and the South Riding Board of Directors to teach fitness classes may utilize the Cardio Gym to provide instruction. Any person(s) providing fitness instruction must have a valid Facility Use Agreement on file and provide an adequate certificate of insurance as approved by the South Riding Board of Directors.