



Gym Rules

Hours: 7:00am – 9:00pm

- Care must be taken to avoid excessive noise that may affect the neighbors. Certain activities including loud music, excessive noise, groaning or thumping may be curtailed by the Community Manager.
- Guests under 12 years of age not permitted and under 16 years must be accompanied by an adult.
- Keep gym and hall doors closed at all times.
- Use of exercise equipment will follow recommended guidelines from manufacturer at all times
- Do not drop weights to floor or slam them onto racks. Re-rack weights and return all other equipment and accessories to their proper locations.
- Please wipe down equipment after use.
- Glass and open containers not permitted.
- Proper exercise attire and footwear required at all times, no open-toed shoes.
- If others are waiting to use equipment please limit time to 30 minutes.
- Personal music must be played through headphones.
- Cell phone usage prohibited.
- Personal property, bags, phones, jewelry are not to be left in gym or associated areas and guests are encouraged to keep valuables secure elsewhere. Northwoods is not responsible for personal property.
- No instructor on duty. By using this facility you are acknowledging you are familiar with the correct use of this facility and equipment and do so at your own risk.
- Northwoods reserves the right to request medical clearance if there are any health or safety concerns.
- In an emergency please call 911 immediately. Please report the incident to the Community Manager.
- Please report any disruption to the Community Manager.
- Be courteous of gym and gym equipment to avoid disturbing neighbors.