



Villages of Bonita

Cardiovascular Fitness Room Rules and Guidelines

Safety Guidelines

1. Use equipment only for its intended purpose and according to manufacturer instructions.
2. Exercise at your own risk and consult a physician before beginning any exercise program.
3. Proper workout attire and closed-toe athletic shoes are required.
4. Ensure emergency stop features and safety clips are used when operating treadmills.
5. Do not attempt to repair, adjust, or modify any equipment.
6. Report damaged or malfunctioning equipment immediately to management or the HOA.
7. Keep hands, clothing, and personal items away from moving parts.
8. Maintain awareness of others when entering, exiting, or moving around equipment.
9. Discontinue exercise if experiencing dizziness, chest pain, or shortness of breath.

Equipment Use

1. Cardio equipment is available on a first-come, first-served basis.
2. During busy periods, please limit use of any single machine to 30 minutes if others are waiting.
3. Allow equipment to come to a complete stop before dismounting.
4. Personal training services may only be conducted if approved by HOA policies.

Cleaning Requirements

1. Wipe down all equipment before and after use using the provided disinfectant supplies.
2. Clean handrails, touchscreens, seats, and handles after each workout.
3. Dispose of used wipes and trash in designated receptacles.
4. Report depleted cleaning supplies to management.
5. Keep the room free of clutter and personal belongings.
6. **Wipe sweat off the floor!**

Courtesy and Conduct

1. Use headphones when listening to music, videos, or phone calls.
2. Keep noise levels at a respectful volume.
3. Refrain from using profanity or disruptive language.
4. Respect the privacy and workout space of other residents.
5. Food is prohibited in the fitness room. Water and sports drinks in sealed containers are permitted.
6. Children under 16 must be accompanied by an adult

Thank you for helping maintain a safe, clean, and enjoyable fitness facility for all residents.