



## **FITNESS CENTER RULES & REGULATIONS FOR OWNERS AND GUESTS ONLY**

1. We strongly recommend that all individuals consult a physician before beginning any physical activity. Individuals exercise at their own risk.
2. Anyone under 16 must be supervised by an adult at **ALL** times. We reserve the right to ask children to leave for misbehavior.
3. Shirt and shoes required. Modest workout attire is encouraged.
4. Please...no profanity.
5. Food, gum and drink are **NOT** permitted in the fitness center. However, water bottles with lids are allowed.
6. Exercise should be done in a controlled manner and extreme caution should be used to avoid possible injury.
7. Free weights and dumbbells must be restacked in the appropriate rack after use. **DO NOT** leave the bars loaded or leave weights lying on the floor.
8. Please wipe down cardio and weight room equipment after each use.
9. Only personal stereos with headphones are permitted.
10. The Fitness Center is not responsible for any theft of personal belongings.
11. Smoking and tobacco products are not permitted in the Fitness Center.
12. Time is limited to 30 minutes on all cardiovascular equipment when someone is waiting.

**FOR EMERGENCIES DIAL 911**

**TUPELO BAY GOLF CENTER (843) 215-7888**

**ASSOCIATION MANAGEMENT OFFICE (843) 626-7806**