



LAKEWOOD  
NATIONAL  
*Golf Club*  
AT LAKEWOOD RANCH

## FITNESS CENTER RULES

1. Open 24 hours 7 days a week to Members only.  
Guests are to be Member-accompanied.
2. Use equipment at your own risk.
3. The Association is not responsible for any injuries or accidents.
4. No food or beverages allowed other than water. No glass allowed.
5. No children under 12 years of age allowed in the fitness center. Children between the ages of 12 and 16 may use the facility if accompanied and supervised by a parent or guardian.
6. Proper attire must be worn including shirts and sneakers.
7. No wet bathing suits or bare feet.
8. No pets permitted in the fitness center.
9. Report damaged or dangerous equipment to the Fitness Director immediately.
10. Use equipment properly and follow directions carefully.
11. Do not use weights while on cardio equipment.
12. Wipe down equipment before and after use.
13. Return weight plates and dumbbells to their designated places.
14. Do not slam or drop weight on the floor.
15. If unfamiliar with equipment, do not use, or please seek guidance from the Fitness Director.
16. Do not lean on mirrors.
17. Limit cardio equipment use to 30 minutes if others are waiting.
18. Outside personal trainers are not permitted unless approved in writing by the Fitness Director.