



LAKEWOOD  
NATIONAL  
*Golf Club*  
AT LAKEWOOD RANCH

## FITNESS CENTER RULES

1. Management is not responsible for any injuries or accidents.
2. Use equipment at your own risk; know your physical limitations.
3. Consult your physician before using equipment.
4. No food or beverages allowed other than water. No glass bottles.
5. Members 16 and under must be accompanied by an adult.
6. No guests under the age of 18.
7. Proper attire must be worn, including shirts and closed toe shoes.
8. **No wet bathing suits, bare feet, or flip flops.**
9. No pets permitted.
10. Report damaged or dangerous equipment immediately.
11. Ask for assistance from fitness staff if unfamiliar with equipment.
12. Do not use weights while on cardio equipment.
13. Limit cardio equipment use to 30 minutes if others are waiting.
14. **Please wipe down equipment after use.**
15. **Return weight plates and dumbbells to their designated places.**
16. Do not slam or drop weight on floor.
17. Do not lean against the mirrors.
18. **Please be courteous of others and limit cell phone use.**
19. No smoking in the fitness center.
20. In case of emergency, call 911.