

ATTENTION, RESIDENT WELLNESS CENTER USERS!

Please read the following rules prior to using the exercise equipment. Failure to comply with these rules may result in removal of RWC privileges and/or may result in serious injury.

This facility is unsupervised—- use equipment at your own risk.

RWC exercise equipment is for the exclusive use of residents of this Apartment Community.

Residents are required to sign in and out during every RWC visit.

Consult with a physician prior to RWC use.

Stop use of equipment and notify a staff member immediately if you experience light-headedness, dizziness, shortness of breath, or any type of discomfort or pain.

Drink plenty of water before, during, and after using RWC equipment. Please keep water in plastic containers with lids.

Please limit use of equipment to 30 minutes if others are waiting.

No eating, smoking, or alcohol is allowed in the RWC.

No bare feet. Please wear cushioned, rubber-soled shoes at all times.

Please reset any electronic devices on equipment after use.

Always stretch following use of equipment to reduce risk of injury.

This property and CAHEC are not liable for any personal injury sustained in/from using this facility.