

Gym Rules

The gym is for use of owners and owners' guests or tenants only.

Users must be 16 years or older.

Please refrain from any loud or abusive language.

Alcohol & smoking are not allowed in this room.

Trash should be disposed of in the bin provided.

The playing of music is permitted but please be considerate to your neighbors regarding the level of music.

Users must be properly attired in standard workout clothes. Swimsuits, underwear, jeans and street clothes are not allowed. Shirts must be worn at all times.

Athletic shoes must be worn at all times. No sandals or open toed shoes are allowed.

No food, or open drink containers are allowed. Please only use plastic drink containers for drinks.

Members should replace all free weights on appropriate racks after use.

No equipment is to be removed from the gym.

All weight equipment should be handled in a responsible manner. Please refrain from slamming or dropping weights.

Be courteous, let others work in with you, help spot someone if asked and refrain from loud language.

Have a spotter when using heavy weights.

Wipe down equipment after use.

Always carry a workout towel.

We thank you for abiding by these rules
The Condominiums at Palm Beach

