Fitness Center Rules and Regulations

The Fitness Center is provided for the use and convenience of residents. All individuals utilizing the facility do so at their own risk. No attendant is on duty, and STMA assumes no responsibility for injuries or accidents except to the extent required by law. All users must comply with the following rules and regulations:

General Use:

1. All equipment is available on a first-come, first-served basis. Reserving or holding equipment is strictly prohibited.

2. Maximum Time On All Equipment is 30 Minutes When Others Are Waiting.

3. Users must adhere to all instructions and guidelines posted on or near each piece of equipment.

4. After use, individuals must wipe down all contact surfaces on or around the equipment with the cleaning supplies provided.

5.Misuse Of Equipment May Cause Loss Of Privileges.

6. Hours of Operation: 4:00 AM To 11:00 PM Daily.

Conduct and Courtesy:

7. Eating within the Fitness Center is prohibited.

8. Users shall always conduct themselves in a courteous and respectful manner. The volume of televisions, radios, and personal listening devices must be maintained at a level that does not disturb others. Cell phone use should not disturb others or interfere with safe equipment operation.

9. Misuse of equipment may result in rule violations and applicable fines.

10. Respect Everyone's Personal Space.

Equipment Care:

11. All hand weights, mats, balls, and similar items must be cleaned and returned to their designated locations after use.

12. No equipment may be removed from the Fitness Center under any circumstances.

13. Be Sure You Have Full Knowledge Of The Equipment Before Using.

14. The Clanging Or Dropping Of Weights Is Not Permitted.

15. Do Not Place Weights On Benches.

16. Put All Equipment Back In Its Proper Place When Done.

17. Wipe Off All Equipment And Surrounding Area Thoroughly With Wipes Provided.

Health and Safety:

18. Children Should NOT Use the Gym Without Adult Supervision.

19. Shirts And Athletic Shoes Are Required. No Bathing Suits, Flip-Flops, and Open Shoes Are Allowed.

20. Alcohol consumption is not permitted while using fitness equipment or engaging in physical activity within the Fitness Center to ensure user safety and prevent injuries. Persons Under The Influence Of Alcohol Or Drugs May Not Use The Facilities.

21. Improper Use Of Equipment May Cause Injury.

22. There Is No Attendant On Duty. Everyone Is Responsible For Their Safety.

23. No Breakable Objects Allowed In Fitness Room.

24. Don't Exercise Directly In Front Of The Dumbbell Racks.

25. Treadmill Safety – The Use Of The Safety Clip Is Mandatory.

26. Treadmill Safety - Straddle The Deck To Begin And Upon Dismount.

Upon Departure:

27. If no other users are present when leaving the facility, all lights and televisions must be turned off.