



Canyon Gate at the Brazos – Fitness Center Rules

1. Entry into and exit from this facility will be through the outside door only. Access will not be allowed through the interior door of the Recreation Center.
2. No children under the age of 18 years of age at any time are allowed to enter, sit or use the exercise facility. Violation of this rule will result in suspension of exercise room privileges. (includes infants in car seats)
3. Hours of operation are posted. Please exit the exercise room facility on or before closing time.
4. Use is restricted to resident use only. Do not open door to permit others to enter. Violation of this rule will result in the resident suspension of exercise room privileges and the removal of unauthorized users by guard or law enforcement.
5. Wear proper attire (tennis shoes, socks and well fit clothing) no loose attire. **DO NOT WALK ON TREAD MILL WITH ONLY SOCKS.** Shoes must be worn at ALL times. No muddy shoes.
6. Keep hands, shoestrings and clothing away from moving parts of equipment.
7. Use of this facility is at your own risk. It is highly recommended that you:
 - Exercise with a partner.
 - Consult a physician before engaging in the use of this facility.
 - Consult a personal trainer regarding an exercise program and how to use the equipment.
 - Stop activity immediately if you feel faint or dizzy.
8. Do not drop weights on floor or bang causing loud noise. Use a partner to spot weight lifting.
9. Clean the machines after each use with wipes or antiseptic spray provided in fitness center. Place all trash in the trash receptacle. There is no daily maid service, you must clean after using.
10. Be considerate of others – use the exercise equipment timely, 30 minutes if others are waiting.
11. No horseplay or rough-housing is permitted. Think safety. The fitness center is under 24/7 camera surveillance.
12. The television is for your enjoyment. Please keep volume audible and turn off television when leaving facility. Do not remove remote control. **PLEASE NO LOUD TALKING.**
13. Report the need for servicing fitness equipment, wipes, cleaning or antiseptic spray to office On Site Director at 281-341-7349.

THE GUARD HAS THE AUTHORITY TO CONTACT THE POLICE IN THE EVENT THERE IS AN UNUSUAL EVENT, OR SUSPICIOUS BEHAVIOR ON THE PROPERTY.

TO REPORT AN EMERGENCY, PLEASE CALL 911. TO REPORT RULE VIOLATIONS, PLEASE CONTACT THE OFFICE AT 281-341-7349 OR 24/7 GUARD HOUSE AT 281-238-0805.