

**OPERATING RULES
Fitness Centers and
Gymnasium**



A. General

1. With the exception of Clubhouse 5, Fitness Centers are only open when fitness staff is on duty.
2. All residents and guests must present their Laguna Woods Village ID cards and register upon entering the facilities and must have the appropriate Fitness Center Release, Waiver of Liability and Indemnity Agreement on file prior to using the equipment rooms.
3. All residents must participate in an orientation with Fitness Staff prior to using the facility for the first time.
4. Appropriate attire and footwear for engaging in fitness activities are required.
5. The Fitness Staff may restrict activity and/or use of the exercise equipment for any participant whose health or safety is in question or if participant is monopolizing equipment.
6. Time limits on exercise equipment are set by fitness center staff.
7. All residents are expected to be courteous to staff and participants.

B. Guests

1. Residents must accompany their guests to the Fitness Centers and sign them in and remain with the guests at all times.
2. Guest fees are charged in accordance with the GRF Pricing Policy and Fees List.
3. A maximum of two guests are permitted per resident.
4. Guests must complete and sign a Fitness Center Release Waiver of Liability and Indemnity Agreement prior to using the equipment rooms.

5. Guests must be at least 16 years of age to utilize the Fitness Centers.
6. Guests must be 12 years of age to participate in a Gymnasium activity and may not disrupt any of the activities in progress.
7. Guests may be denied use of any exercise equipment if residents are waiting.

C. Gymnasium

1. All residents and their guests must sign in each time they use the Gymnasium.
2. A resident may sponsor a maximum of two guests at any one time and must at all times accompany the guest(s).
3. Residents take priority over guests unless they are participating in a game with resident players. If a resident is waiting a guest must surrender a court after completing the game.
4. All participants must follow proper rules of etiquette for each sport or class, and exhibit good sportsmanship.
5. Using any type of powder and/or liquid on the Gymnasium floor or on the bottom of shoes worn in the facility is prohibited.
6. All programs in the Gymnasium must end at ten minutes to the hour to accommodate set-up of athletic equipment, chairs, etc. for the next program.
7. Saddleback College Emeritus students must follow college registration process and rules when attending college classes.
8. Open gym time is on a first come, first served basis. Scheduled activities have priority.

The Recreation Department reserves the right to review and adjust the operating rules to accommodate the needs of the community.