

# **PARK TIMBERS SWIM, TENNIS & FITNESS CLUB**

## **FITNESS CENTER RULES & INFORMATION**

Report any problems or suggestions to the PTHOA Community Center Committee (“CCC”) at [parktimbersclub@bellsouth.net](mailto:parktimbersclub@bellsouth.net)

For a complete set of Rules and Information applicable to your membership or use of the facilities, please also refer to the General Rules, Pool Rules, Tennis Court Rules and Party Rules.

1. **Adults only** in the clubhouse. (Infants & toddlers in playpens are allowed). Additionally, children aged 15 and over may use the equipment, but only under the direct supervision of an adult age 25 or older **actually in the room with the minor. Access codes shall not be given to any minor children.**
2. Hours of operation: (codes will stop working)
  - **Sunday – Thursday:** 5:00 a.m. to 10:00 p.m.
  - **Friday – Saturday:** 5:00 a.m. to 11:00 p.m.

The Fitness Center and Clubhouse may be closed during elections, as the Clubhouse is a polling venue.

3. **Shirt and shoes required.** Towels encouraged.
4. Please use hand sanitizer before each use.
5. Each machine or piece of equipment that is used must be wiped clean after each use using the disinfectant and paper towels located in the Center.
6. **All doors must always remain completely closed.** All politeness aside, do not open the door for anyone whom you do not know to be a member. (You may be charged a guest fee if you do).
7. You must be dry to be in the clubhouse.
8. WiFi Network: ParkTimbers Password:SwimTennis

9. Automated External Defibrillator (AED) is on porch.
10. **No food, smoking, glass, pets, firearms, or alcoholic beverages allowed inside.**
11. Use equipment at your own risk. Please be sure you are in proper condition and know how to operate the equipment (see also Item 20 below). Facility is unsupervised.
12. Do not attempt to move any of the machines.
13. Do not use the monitors as handles, supports, or drink holders.
14. Over-exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.
15. **Please turn off TV and lights when you leave.**
16. Do not set the thermostat below 72 degrees or above 78 degrees.
17. After exercising, a shower is required before entering the pool.
18. 24-hour video and electronic door monitoring in progress.
19. Enter the bathrooms from the pool area.
20. The weight restrictions and safety and use instructions (listed below) must be followed:
  - Treadmill – 330 lbs.
  - Ellipticals – 330 lbs.
  - Upright bike – 260 lbs.
  - Recumbent bike – 330 lbs.

- a. Treadmill Safety and Use Instructions:
- Weight Limit – 330 lbs.
  - Attach the safety clip to your clothing.
  - Avoid exiting treadmill while the tread belt is in motion.
  - Never walk or jog backwards on the treadmill.
  - To avoid injury, stand on the straddle covers before starting the treadmill.
  - Wear shoes with rubber or high traction soles. No sandals or flip-flops. Do not use shoes with heels or spikes. Remove foreign objects from soles. Keep fingers, hair, clothing, shoelaces, and towels away from moving parts.
  - Use the side handrails whenever additional stability is required. In case of tripping, the side handrails should be grabbed, and the user should place his/her feet on the straddle covers. The front handlebars should be used to grasp the heart rate sensors or to rest the hand on while operating the activity zone keys, but not for stability, emergency, or continuous use.
  - Only one person at a time on the treadmill.

See [www.truefitness.com](http://www.truefitness.com) for the full owner's manual including complete safety recommendations for the PS900 Treadmill.

- b. Elliptical Machine & Stationary Bike Safety and Use Instructions:
- Weight limits:      Elliptical – 330 lbs  
                                 Upright bike - 260 lbs.  
                                 Recumbent bike – 330 lbs ·
  - Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical exerciser.
  - The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
  - When you stop exercising, allow the pedals to slowly come to a stop. Note: The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops. Wait until the machine slowly comes to a complete stop before attempting to dismount. Step off the higher pedal first, then step off the lower pedal.
  - Only one person at a time on the ellipticals and bikes.

**NordicTrack machines are iFit compatible. See [www.iFit.nordictrack.com](http://www.iFit.nordictrack.com)**

**See [www.nordictrack.com](http://www.nordictrack.com) for more information on the A.C.T. Pro Elliptical Trainer and stationary bikes.**