



EXERCISE AND AEROBICS ROOM RULES

- ❖ All Residents and Guests use the Essex Club recreation facilities at their own risk.
- ❖ Residents must carry their access fobs at all times while in the Essex Club.
- ❖ Residents and or Guests under the age of 16 are strictly prohibited from using the exercise/aerobics rooms unless they are accompanied and supervised by a Resident over the age of 16.
- ❖ Each Resident is responsible for ensuring that his or her minor children or Guest is fully aware of all rules and regulations.
- ❖ Proper attire is required when using the exercise/aerobics rooms, and while recognizing the variety of exercise suits and aerobic outfits available today, proper decorum must be exhibited in wearing outfits that do not overly expose the wearer. Shirts and shoes must be worn at all times. No street clothes shall be allowed to be worn, and only non-marking (or non-skid) athletic shoes shall be worn.
- ❖ Residents and/or Guests shall not wear any sort of wet attire, including bathing suits, into the exercise/ aerobics rooms.
- ❖ Residents and/or Guests shall treat all equipment with reasonable care and caution.
- ❖ Removal of any equipment from the exercise/aerobics rooms for any purpose is strictly prohibited.
- ❖ No food or beverage in a glass container is permitted within the exercise/aerobics rooms.
- ❖ Radio or tape recorders (except the use of personal stereo equipment with headphones at a volume such that same is not audible to others) are not allowed.
- ❖ All Residents and Guests must, after using any machinery or equipment situate within the exercise/aerobics room, wipe such machinery or equipment clean of any perspiration.
- ❖ Mats and exercise equipment must be replaced where they belong after use.
- ❖ Any person engaging in boisterous behaviour of any sort and other general forms of misconduct may be ejected from the Essex Club by the Property Manager, Superintendent, or Concierge, who have the unfettered discretion to determine what constitutes "boisterous behaviour".