

Talamore Community Association

Exercise and Game Room

Rules and Regulations

- Hours of operation are 5:00 A.M. to 10:00 P.M. seven days a week, 365 days a year. **PLEASE NOTE: YOU CAN NOT RE-ENTER THE GAME ROOM/EXERCISE ROOM AFTER 10:00 P.M. ACCESS CARD WILL NOT WORK BEFORE OR AFTER HOURS.**
- **ALL RESIDENTS ARE RESPONSIBLE FOR THEIR GUEST AND ASSUME ALL LIABILITY.**
- All residents, must be 15 years or older to access the clubhouse, game room and fitness room.
- In order to gain access to clubhouse, game room and fitness room, residents must scan their picture I.D. Access Card.
- **GAME ROOM USE - ALL RESIDENTS/GUESTS UNDER THE AGE OF 15 MUST BE ACCOMPANIED BY AN ADULT.**
- **FITNESS ROOM - NO RESIDENT/GUEST UNDER THE AGE OF 15 MAY ENTER THE EXERCISE ROOM. PLEASE DO NOT BRING YOUR CHILDREN INTO THE FITNESS ROOM WHILE EXERCISING.**
- Locker rooms and showers are provided for use and enjoyment of residents and guests. Lockers are available on a first-come, first-serve basis. Clothing or personal effects should not be left unattended or unsecured in these areas, as safekeeping shall be the responsibility of the user. Lockers are to be in use only when the resident or guest is using the facility.
- No food or beverage is permitted in the Game or Fitness Room. Plastic Water Bottles are permitted.
- Towels are not provided and are the responsibility of the member/guest.
- All users are expected to comply with posted rules and verbal instruction from the fitness center staff.

Exercise Equipment

- Prior to using the Exercise Equipment Room, or engaging in any form of fitness program, individuals should consult a physician. Use of the equipment is at your own risk.
- The equipment in these areas are designed for strength and cardiovascular training. All users are expected to observe the posted rules concerning proper and safe use.
- Children and guests under the age of 15 are restricted from use of the Exercise Equipment.
- Appropriate fitness apparel is required, including without limitation upper body garments and proper footwear. Sandals, shower clogs, or other similar items and street shoes are not acceptable fitness footwear.
- Association management reserves the right to impose a reservation system on equipment.
- Due to high demand from residents, some equipment may be subject to time limits on use. If residents are waiting to use a machine, please limit use of a machine to 30 minutes.

- Following use, equipment should be wiped down with a disinfectant towelette located in the exercise room. All portable equipment (dumbbells, etc.) should be returned to their proper storage locations.
- Audio and television systems are provided for the convenience and enjoyment of members and guests. Programs will be tuned to satisfy the interests of the majority, but the final decision rests with the Property Manager. While in the game room/exercise room the use of radios, iPods and cell phones are only permitted with earphones. Cell phones must be on a vibrate setting.

PLEASE NOTE:

No Smoking is allowed in the Talamore Clubhouse or pool area. For your convenience, a smoking station is located outside the main door, south side of the clubhouse.

THE CLUBHOUSE AND POOL AREA ARE UNDER 24 HOUR CAMERA SURVEILLIANCE.