

# *Rules and Regulations*

## Exercise Room

1. At all times, anyone sixteen years and under must be accompanied by an adult resident twenty-one years of age or older.
2. Children age ten and under are not permitted in the exercise room.
3. Shirts and appropriate shoes must be worn at all times. Bathing suits, flip flops, sandals, bare feet and open-toe shoes are not permitted.
4. Sanitary wipes are provided, please clean the machines you have used.
5. Only water bottles are allowed; food and drinks are not permitted.
6. If you do not know how to safely operate a piece of equipment, please do not use it.
7. Equipment must be returned to its proper location after use. No slamming or dropping of weights is permitted.
8. Personal items should not be hung on the equipment or the scale. Please use chairs located outside of the exercise room or the hall closet.
9. It is recommended that you bring your cell phone with you for emergency use only.
10. Turn off lights, fans, TV and make sure thermostat is set at 76 in summer and 66 in winter. Windows and doors must be left closed at all times.
11. Stonecrest Villas is not responsible for lost or stolen items.
12. Report any equipment problems to Henderson Properties at 704-535-1122 ext.208