

WESTEND HEIGHTS CONDOMINIUM ASSOCIATION

GUIDELINES FOR USE OF GYM

USING THE TREADMILL:

- Please do not use the Treadmill for more than 15 minutes at a stretch if someone else is waiting to use it. Kindly book your turn on white board to ensure everyone gets an opportunity.
- Please stand on the sideboard when starting the belt. Do not stand on the belt and start it.
- Insert the key in to the console and attach the clip to the waistband of your clothes.
- Do not hold onto the control panel while walking on the treadmill for support. Hold only the sidebars or the front bar for support.
- The treadmill should not be used by persons weighing more than 160Kg. (350 lbs).
- Never allow more than one person on the treadmill at a time.
- Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
- Never leave the treadmill unattended while it is running.

Timing: - -----

Note: - Intercom number of Gym is -----

(ii)
