

WESTEND HEIGHTS CONDOMINIUM ASSOCIATION

RULES FOR GYM

1. Gym facility is only for the bonafide residents. Children below 13 years of age are not permitted to use the facility. Guests are not allowed.
2. Consult your physician before use of gym equipment.
3. Always use proper padded socks/sports shoes while exercising on the equipment.
4. Keep all loose clothing, shoelaces and towels away from moving parts.
5. Please familiarize with the equipment and use the same with utmost care.
6. Always follow the console instructions for proper operation.
7. Positioning of all exercising equipment are to be ensured during and after usage.
8. Incase of any discomfort/uneasiness during the course of exercise, same should be discontinued immediately.
9. Maintain discipline and have consideration for residents waiting to enable usages of facilities by all.
10. To save power, please switch off the AC & lights when you leave if there is no other person exercising.

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