



Fitness Center Rules and Regulations

Approved June 26, 2023

The Candlewood Lake Community Association Fitness Center, which includes the exercise/weight room (“Fitness Center”), is a fully functioning exercise facility which includes treadmills, stationary bike, free weights, a rowing machine, and stability and balance-training items. Please enjoy the equipment, keeping in mind skill and strength levels. In the interest of ensuring a safe, sanitary, and fun fitness facility, the following policies have been adopted by the Candlewood Lake Association, Inc. The Association’s Board of Directors reserves the right to revise and/or introduce additional rules as deemed necessary for the proper operation of the Fitness Center.

If you wish to use the CWL Fitness Center, you must sign and return the Fitness Center Waiver Form.

The Fitness Center Code will be used to open the Fitness Center to gain entry.

Only household residents of Association members in good standing with the Association may use the Fitness Center. “Good standing” is defined as being current in assessment fees and having no outstanding violations. The Board may suspend use for members who are delinquent in their assessment payments, for a violation of the Association’s Legal Documents and/or for a violation of these Rules and Regulations.

In the event of an injury to someone using the CWL Fitness Center, others present are expected to provide immediate emergency assistance and to call 911 to seek professional emergency response.

1. The CWL Fitness Center will be available for CWL Resident-Use Only (no guest(s) permitted) 24 hours per day/ 7 days a week. These hours are subject to change by the Association.
2. Fitness Center Members may not allow other individuals to use their code or allow entry into the Fitness Center by non Fitness Center. This includes unauthorized users who accompany them, non-residents and/or guest(s). All persons who enter the Fitness Center must have their own access and shall be authorized users of the Fitness Center. Doors shall not be propped open and members shall not open doors for individuals asking to be let into facility. Members who allow entry to individuals who are not authorized may be subject to suspension of privileges.

3. Use of the Fitness Center and equipment is solely at the user's own risk. CWL, Inc. and its' agents make no representations or warranties as to the safety or reliability of the equipment and are not responsible for injury, illness or death from any cause, whether proper or improper use of the equipment or equipment failure. It is highly recommended that persons desiring to exercise seek the advice of a doctor prior to beginning an exercise program and that patron's use the "buddy system" and have someone accompany them while using the facility. All persons who utilize the Fitness Center exercise equipment do so at their own risk. Members assume the full risk of loss and responsibility for damage to health from the use of the Fitness Center. Members should consult a physician before using the Fitness Center.
4. Persons under the age of 11 are not permitted to enter or use the Fitness Center. Persons ages 11 through 17 may utilize the Fitness Center only when accompanied by a parent, legal guardian, or an adult at least 18 years of age who are also authorized access holders.
5. Equipment must be wiped down after use with provided supplies. Members are responsible for disposing of all trash (i.e., water bottles, paper towels, etc.).
6. Appropriate workout attire is required at the Fitness Center such as tee shirts, tank tops, gym shorts, or warm-up pants. Shirts must be worn at all times. Only aerobic or court shoes shall be worn. No open toe or open heeled shoes, sandals, or flip-flops are permitted. Swimwear is prohibited.
7. Food, glass bottles, soda cans, tobacco, drugs, and alcohol are strictly prohibited. Water bottles are allowed.
8. Equipment must be shared. No more than 30 minutes on any machine when others are waiting. Allow others to "work in" when doing multiple sets. Do not rest on equipment between sets.
9. The Fitness Center may not be used for the purpose of "personal training" of other individuals. At no time shall persons bring in "clients" or conduct any personal training, group or health-related business of any kind, without prior written consent of the Association.
10. Residents shall ensure the security of the building while inside the Fitness Center. This includes (but is not limited to) ensuring the doors are securely closed, locked, and not propped open for others to enter; that windows are closed and locked; and lights in the bathrooms are turned off if they are the last person to leave the Fitness Center.
11. Horseplay, profanity, disruptive conduct, and indiscreet behavior are strictly prohibited and are subject to temporary or permanent suspension of Fitness Center privileges.
12. Penalties for violations will be enforced: a. First offense: A written warning will be issued. b. Second offense, or major offense: Suspension of Fitness Center privileges.
13. Violations can be reported to HOA management at (419)947-1138.
14. Please note that there are cameras installed throughout the fitness center, and at all entrances. Persons in these areas are being recorded at all times.

Thank you and Enjoy your Fitness Center