

BROADLANDS ASSOCIATION, INC.
FITNESS CENTER
43360 Rickenbacker Square
(located below the Clubhouse next to the tennis courts)
Hours of Operation: 5:00am-11:00pm Daily

RULES & REGULATIONS

1. The Broadlands Fitness Center will be available for resident use from 5:00am-11:00pm / 7 days a week. These hours are subject to change by the Association.
2. Access card holders may not allow other individuals to use their access card for entry into the Fitness Center. This includes unauthorized users who accompany them, non-residents and/or guests. All persons who enter the Fitness Center must have their own access card 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. 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. Children under the age of 13 are not permitted to enter or use the Fitness Center. Children ages 13 through 17 may utilize the Fitness Center only when accompanied by a parent, legal guardian, or an adult over 21 years of age and who are authorized access card holders. Persons 18 and over with an access card may enter and use the Fitness Center equipment unsupervised.
5. TVs must be muted. Access to TV sound should be by a personal headset.
6. 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.).
7. Talking on cell phones inside the Fitness Center is not permitted. Headphones or earbuds are required when listening to music, videos or any other cell phone or tablet application requiring sound.
8. 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 or sandals are permitted. Swimwear is prohibited.
9. Food, glass bottles, soda cans, tobacco, drugs and alcohol are strictly prohibited.
10. Equipment must be shared:
 - a. No more than 30 minutes on any machine when others are waiting.
 - b. Allow others to “work in” when doing multiple sets.
 - c. Do not rest on equipment between sets.
11. 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.
12. Residents shall ensure the security of the building while inside the Fitness Center. This includes (but is not limited to) ensuring the front doors are securely closed, locked and not propped open for others to enter, that windows are closed and locked if opened, and lights in the hallways and bathrooms are turned off if they are the last person to leave the Fitness Center.
13. Horseplay, profanity, disruptive conduct and indiscreet behavior are strictly prohibited and are subject to temporary or permanent suspension of Fitness Center privileges.
14. 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.
15. Violations can be reported to HOA management at 703-729-9704 or info@broadlandshoa.com.