

Telluride Lodge Gym Rules & Regulations

To ensure a safe and enjoyable fitness environment for all residents, please observe the following rules when using the gym:

1. Hours of Operation

- The gym is open daily from **5:00 AM to 9:00 PM**.
- Use outside of these hours is not permitted.

2. Age Requirements

- **Users must be at least 18 years old** to use the gym unsupervised.
- Residents aged **14 to 17 may use the gym only when accompanied by a parent or legal guardian.**

3. Access

- The gym is for **residents only**. Guests are not permitted unless explicitly authorized by management.
- Short term rental guests are also not permitted to use.
- Do not share access codes or keys with non-residents.

4. Safety & Conduct

- Use equipment responsibly and follow all posted instructions.
- **No food, glass containers, or open drink containers** allowed. Water bottles with secure lids are permitted.
- Appropriate athletic attire. **No outside shoes, only clean shoes or socks.** You may leave your gym shoes in the designated area.
- Wipe down all equipment after use with provided disinfectant.

5. Equipment Use

- Please limit cardio equipment use to **30 minutes during peak times**.
- Return all free weights and accessories to their proper places after use.
- Report any damaged or malfunctioning equipment to property management immediately.

6. Noise & Courtesy

- Keep noise to a minimum. Use headphones for personal audio.
- Be respectful of others' space and workout time.

7. Liability

- Use of the gym is **at your own risk**. The HOA is not responsible for injuries, accidents, or lost items.
- Children under 14 are not permitted in the gym under any circumstances.

Violation of these rules may result in suspension of gym privileges.

Thank you for helping maintain a safe and respectful gym environment for all residents!

Printed name(s) _____ Signature(s) _____

Date _____ Unit Number _____ 4-6 digit access code you would like _____