Wesglen Country Club
Exercise Room Rules

- Ages 13 – 17 allowed access, but no guest. Parents of these children must complete permission slip prior to admission.

- THERE IS A LIMIT OF 7 PEOPLE ALLOWED IN THE WEIGHT ROOM AT ONE TIME.

- Guest of residents may use the Exercise Room only when accompanied by an adult resident.

- Residents age 13 – 15 may use the exercise equipment, however they must be accompanied by a parent or guardian at all times.

- All residents must follow the clubhouse rules. Any resident breaking the clubhouse rules will be suspended from the clubhouse. Any violations that incur damage to clubhouse property or require extra time or service will be responsibility of the parent/s.

- Adults may bring their children when working out as long as the child is not left unattended in the exercise room or allow them to play on the equipment. ALL children MUST stay within the designated play area.

- As a courtesy to those waiting, please limit yourself to 20 minutes per machine. You may use the machines longer, providing there is no one waiting.

- **Street shoes are not allowed. Please wear tennis shoes, jogging shoes, aerobic shoes, etc. No crocs or house shoes (slippers) are allowed. When snowing and/or raining you must bring a change of shoes in order to use the weight room.**

- Shirts and appropriate clothing are required at all times.

- If you notice a piece of equipment in need of repair, please notify the Clubhouse staff immediately.

- Return accessories to the proper place.

- Wipe down all equipment after use as a courtesy to other facility users.

- If you use the children's area, please pick up toys and clean up any mess before leaving.

- Anyone breaking the above rules may be asked to vacate the clubhouse.