Lake of the Woods Association, Inc.
Resolution 2019-10
A Policy Resolution
Amending LOWA Regulation XVIII, Use of the Fitness Center

WHEREAS, Article VIII of the Bylaws gives the Board of Directors the authority to amend and adopt association Rules and Regulations; and

WHEREAS, there is a need for clear, concise and consistent regulations regarding use of the Fitness Center; and

WHEREAS, the GM, the Rules Committee, Fitness Committee, and LOWA attorney gave advice on the amendments.

THEREFORE, RESOLVED, the Board of Directors hereby amends XVIII, Use of the Fitness Center Regulation to replace existing text in its entirety to read as follows:

XVIII. USE OF THE FITNESS CENTER

A. Admission to the Fitness Center

1. LOWA members, registered tenants, and their households who have (i) paid the annual or temporary usage fees and (ii) signed the Fitness Center Amenity Form Agreement and Waiver ("FC Agreement and Waiver") are eligible to use the Fitness Center, and shall be referred to herein as "FC Members."

2. A LOWA member who is also a FC Member may purchase temporary passes for guests to use the Fitness Center. A maximum of two guests is allowed per household. Such guest users must be accompanied by a FC Member. All such guests must follow all Fitness Center rules and regulations and sign the appropriate FC Agreement and Waiver.

3. Eligible persons age 14-17 listed on the FC Agreement and Waiver may use the Fitness Center when accompanied by an adult family member. EXCEPTION: An eligible person age 14-17 who has passed the "Performance Fitness Equipment Test" may use the Fitness Center unaccompanied.

4. Children under the age of 14 are not allowed in the Fitness Center at any time.

5. Each FC Member accessing or using the Fitness Center must present a LOWA-issued ID card to the attendant or enter using the security code or other management-approved means of entry. Non-FC Members are prohibited from entry to the Fitness Center, unless the Non-FC Member is a guest duly authorized in accordance with these Rules and Regulations.

6. All Fitness Center users (herein referring to FC Members and authorized guests) must abide by the Regulations and Rules governing the Fitness Center. Violators of these Regulations and
Rules may suffer penalty, including loss or suspension of their Fitness Center privileges, as determined by the General Manager or his/her designee.

7. FC Members and their authorized guests exercise at their own risk and should use a “spotter” when appropriate.

8. Proper gym attire is required at all times. Shirts must be worn at all times. Swimwear is not permitted. Clean rubber soled shoes that cover the entire foot must be worn at all times. Sandals, spiked soles, work boots and flip-flops are not permitted. Shoes and personal items must be kept in the provided storage units.

9. Excessive noise and use of profane language are not permitted. FC Members and their authorized guests must use personal listening devices when playing music, watching videos or using exercising apps.

10. All programs and services, including personal training, group exercise, and instructional programs, must have written authorization from the General Manager or designee.

B. Equipment

1. FC Users are prohibited from relocating exercise machines and equipment from their established locations.

2. Equipment must be used properly, without causing potential damage to, or excessive stress on the equipment. FC Users are liable for the damage they cause to LOWA property.

3. Equipment must be cleaned using the provided wipes after each use. FC Users must clean up after themselves.

4. All weights must be re-racked and equipment put in their proper location after use.

5. The deadlift platform must be used at all times when performing deadlift exercises.

6. Use of cardiovascular equipment such as treadmills, ellipticals, and recumbent bikes must be limited to 30 minutes when others are waiting.

7. Food, tobacco, and alcoholic beverages are not permitted in the Fitness Center. Only closed plastic beverage containers are allowed. Smoking, including the use of electronic smoking devices, (see IV.F.2.) is not permitted in the Fitness Center.

8. Fitness Center vandalism or structural damage must be reported immediately to the attendant, if on duty, or Security by calling 540-972-2210.

9. LOWA is not responsible for personal property lost or stolen in the Fitness Center.
Effective: Immediately

LAKE OF THE WOODS ASSOCIATION, INC.

By: Clifton D. Wilks, President

ATTEST:

I, as Secretary for Lake of the Woods Association, Inc., hereby attest that the foregoing Policy Resolution 2019-10 was adopted by the Board of Directors at a duly-held and noticed Board of Directors meeting held on the 5th day of June 2019.

Walter Diercks, Secretary