

9. **Towels** are available at the Sky Club desk for use only in the Sky Club and **must not be removed** from the Sky Club. **Deposit used towels** in the proper container by the receptionist desk or in other designated receptacles throughout the Sky Club.
10. Anyone who damages or vandalizes any property of the Sky Club will be responsible for the repair or replacement of the damaged property.
11. The Sky Club staff, NFC Fitness, the Condominium Association and its Residential Board of Managers will not be responsible for the loss, damage or theft of any personal property brought into the facility by the Member or his/her Guest. A Lost and Found is available at the front desk of the Sky Club.
12. **Use of outside personal trainers:**
 - a. Members who wish to train with an outside personal trainer may do so after registering the trainer with the Sky Club. This registration of the personal trainer includes providing evidence of insurance and other professional certification as approved by NFC.
 - b. The personal trainer will be permitted access into only the Fitness Center and Exercise Studio, and the personal trainer must work directly with the Member and not on other equipment separate from the Member. The trainer must always be accompanied by the Member.
 - c. Once the Member finishes his/her training session, the personal trainer must leave the Sky Club.
13. All equipment in the Sky Club, including fitness equipment, is used at the user's own risk.
14. People may not leave any personal possessions in the Sky Club for storage.

Rules for Specific Areas of the Sky Club – Note the Maximum Capacity for Each

Fitness Center (Maximum Capacity: 35)

1. Children under 16 are not permitted to use the Fitness Center equipment, nor are they permitted to accompany an adult while the adult is using the Fitness Center.
2. Members must familiarize themselves with the Fitness Center equipment prior to its use.
3. If there are persons waiting, a time limit of 30 minutes applies to all cardio equipment.
4. Each Member must clean equipment after use.
5. Free weights and other equipment must be returned to the storage racks after use.
6. **WEIGHTS OR HEAVY BALLS MUST NOT BE CARELESSLY THROWN ON FLOOR AS RESIDENT HOMES ARE BELOW.**
7. Appropriate workout attire must be worn in the Fitness Center at all times. Bathing suits, sandals, robes, slippers, etc. are not appropriate attire for the Fitness Center.
8. Personal belongings must be kept with the Member at all times while in the Fitness Center so as to avoid cluttering of the space as well as out of consideration to other Members.

Exercise Studio (Maximum Capacity: 16)

1. Children under 16 are not permitted in the Exercise Studio, nor are they permitted to accompany an adult unless attending a class, geared towards younger ages or if under the supervision of Sky Club staff or personal trainer. The one exception is for the use of the ping pong table.
2. The Exercise Studio is open during regular Sky Club hours for stretching, warming up, speed bag use and heavy bag use, etc. Hanging on the heavy bag and kicking it is prohibited.
3. This room may not be rented for an event or reserved for personal use unless approved by the Board.

Pool and Pool Deck (Pool Maximum Capacity: 45; Pool Deck Maximum Capacity: 8)

1. **NO ONE IS PERMITTED IN THE POOL WHILE THE LIFEGUARD IS NOT ON DUTY.**
2. **GLASSWARE OF ANY KIND IS STRICTLY PROHIBITED IN THE POOL AREA AND POOL DECK.**
3. There are four daily lifeguard breaks which are scheduled during the following times:

<u>Monday – Friday:</u>	8:15-8:30AM
	2:00-2:30PM
	8:00-8:15PM
<u>Saturday – Sunday:</u>	10:30-11:00AM
	6:00-6:30PM
4. Lifeguards may take bathroom breaks as needed.
5. All persons using the pool do so at their own risk.
6. Everyone must rinse off under the shower each time before entering the pool.