

Rules and Regulations
Cedar Hammock Fitness and Wellness Center
Open daily 4:00 am to 10:00 pm

1. Guests must be accompanied by members at all times in the Fitness Center.
2. Members will use the Chelsea website to sign up for classes. Each member is limited to 8 classes/week, not including Silver Sneakers or virtual classes.
3. Participation in exercise activity is on a voluntary basis. Always discuss exercise programs with your physician.
4. The minimum age for the unsupervised use of the fitness facility is 16. Children 13-15 years old must be accompanied by an adult. Children 12 years or younger are not permitted at any time.
5. Appropriate attire is required. No swimsuits, bare feet, or improper shoes. Shirts and athletic shoes are required.
6. Members must clean the fitness equipment after each use.
7. Members may not remove any equipment or accessories from the Fitness Center, and may not alter or misuse any equipment.
8. There is a 30 minute time limit for all cardio equipment if others are waiting.
9. No food or beverages of any kind except water/hydration drinks in non-glass containers are permitted in the Fitness Center.

10. Pets are not permitted.
11. Talking on cellular phones is not permitted.
12. No personal music may be played without headphones.
13. All towels are the property of the Fitness Center and may not be removed.
14. Compliance issues regarding rules and regulations will be addressed by the Fitness Director. Safety issues must be reported to the staff or administration immediately.
15. Members may sign up a guest for fitness classes 3 days ahead of time by calling Kaitlin in the office. There is a \$10/class guest fee that will be put on the member's charge.