

# Facilities — Club House Fitness Center



## Location:

The entrance to the Fitness Center is located at the back of the Club House. You can not enter from the upper level.

## Hours:

7 Days a week from  
4:30 A.M. - 11 P.M.

## Early Access to Indoor Pool at Floral Valley

Your membership also provides you with early access (8 a.m.) to the indoor pool at Floral Valley Community Center.

## Cardio Machines and Strength Training

You can build up your endurance with the cardio machines at the Fitness Center as well as tone up with different weight machines that are available. There are also hand-held free weights ranging from 5-50 lbs, resistance bands, and a television for instructional videos that you may bring with you.



**Obtain your Fitness Access Card at the Administration Office, Floral Valley, or the Marina and sign a Release of Liability form.**

**WHAT'S THE DIFFERENCE IN ID CARDS?**  
Access Cards are different than the AVPOA photo ID card in that they have a special chip inside that acts as a key to release the door when activated.

## Access Card and Annual Membership Required

The Fitness Center is for use by Apple Valley property owners holding an access (proximity) card and their guest only. This facility is not staffed and must be accessed by proximity card using the door in the rear of the Club House.

To gain access each property owner must complete a "Release of Liability" form and obtain an Access Card from the Administration Office, Floral Valley or the Marina. Access cards may not be shared. To regain access after using the locker rooms/restrooms or entering the vending area, an access card must be used, so please keep it with you at all times.

No one under 14 years of age will be permitted in the fitness room, and should only be in the playroom while parents/guardians are using the equipment. See Fitness Center Rules on the next page.

## Guests and Sign-In

A "family unit" (see Bylaw Article 1, Section 1.7 for definition of family unit) may not bring more than two (2) guests. Guests are subject to a same per-day user fee that will be charged to the property owner's member account. Invoices may be mailed when the balance exceeds \$10.

All guests must be signed in by the property owner who holds a card. Only guest names are required on the sign-in sheet and they need to complete a "Release of Liability" form provided, which may be left for a staff member to pick up.

A property owner in good standing who does not use his/her own card for entry is considered a guest for purposes of signing in so that attendance can accurately be tracked. Property owners are responsible for their guests and may not allow their guest(s) to remain in the facility without the property owner's presence.

## FITNESS MEMBERSHIP RENEWAL

can be paid for at:  
• Administration Office  
• Floral Valley  
• Marina

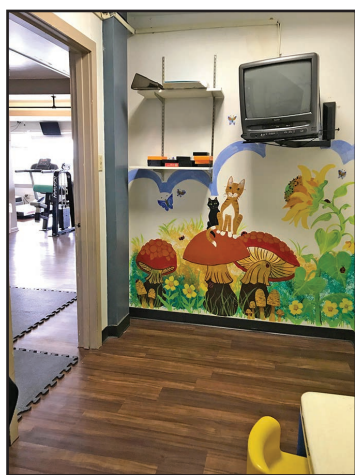
Assessments must be paid to obtain access.

## Facilities — Fitness Center



### Men's & Women's Locker Rooms

Both the men's and women's locker rooms each have bathrooms, lockers, sinks, showers, and benches. Locks may be used, but many not be left on overnight.



### Children's Play Room

Children are required to stay in the playroom during your workout. You can keep an eye on them through the door/window of the playroom. The playroom has a TV/VCR with cable and play items. It is recommended to bring toys, books or videos to keep your children entertained.



## Fitness Center Rules

The Fitness Center is currently located at the Club House on the east side of the lake and is provided for the enjoyment of all members in good standing and their guests.

Members must always conduct themselves in a safe and lawful manner, consistent with the following Rules and Regulations:

### I. Safety

- A. A current "Release of Liability" form must be completed prior to operating the equipment for the first time. All persons using the Fitness Center should become familiar with the instructions regarding the use of equipment prior to use.
- B. No one under 14 years of age will be permitted in the fitness room, and should only be in the playroom while parents/guardians are using the equipment. Apple Valley Property Owners Association is not responsible for injuries.
- C. It will be the responsibility of the member/guardian (if a minor) for any repairs should the equipment be damaged or broken through misuse.

### II. General Rules

- A. Please see posted notices for current hours of operation.
- B. There is an annual fee (See Section I) per person for an Access Card and Membership. Access cards may not be shared and are the property of Apple Valley Property Owners Association and may be revoked at any time if the Association deems necessary.
- C. A "family unit" (see Bylaw Article 1, Section 1.7, for definition of family unit.) may not bring more than two (2) guests per visit.