



## Fitness Center Rules

- Proper attire must be worn at all times (i.e. shirt and shoes)
- Lift weights in a controlled manner
- Do not drop weights
- Return equipment to their appropriate location
- Wipe all surfaces and remove all personal items after use
- Please be courteous of others and limit time to 30 minutes on cardiovascular equipment
- No eating, vaping, tobacco use, smoking or glass containers
- No foul/abusive language, radios, speakers or excessive noise
- All media and music listening must be done via headphones
- Alcoholic beverages may not be brought in or consumed
- You must be 18 to bring guests and guests must be accompanied by the resident (limit 2)
- Children under the age of 12 are not permitted at any time
- Children aged 12-17 allowed with parental supervision
- Children aged 14-17 allowed 5 AM – 9 PM without parent supervision
- All locks left on lockers will be cut off nightly and items discarded
- The HOA is not responsible for any lost or stolen objects
- Report any broken equipment to HOA
- Do not let in the person behind you. Each person who enters must have an active ID card.

**Use of the workout facility is “at your own risk”**

The Mira Lagos HOA fitness center is a 24-hour facility. The fitness center is private property owned by the association. Let’s work together to avoid extra expenses. If you have a lost or stolen access card, please contact the HOA office at 817-473-6787. Replacement access cards are \$25.

**VIOLATION OF RULES MAY RESULT IN TEMPORARY OR  
PERMANENT LOSS OF PRIVILEGES**