



Mill Creek Fitness Equipment Usage Rules

1. Use of the fitness equipment is at your own risk. There is no attendant on duty. You are responsible for having a physical examination and a “physician approved” exercise program. In addition, you are responsible for these requirements being met by anyone using the facilities and equipment accompanied by you as a guest, or using your amenity security card to gain access.
2. The fitness room will open at 5am and close at 10pm.
3. No more than three guests per household are permitted in the fitness center.
4. Always follow and use safety precautions that are provided on the equipment.
5. Towels are required to clean the equipment after each use. Please be considerate of the next person to use the fitness center.
6. Please be considerate of others and limit your use of equipment to thirty minutes per station if someone is waiting to use the equipment.
7. A remote control TV is available for your enjoyment. Please keep the volume at a reasonable level. Please turn off the TV, radio and music if no one else is in the fitness center when you leave.
8. Proper attire and footwear are required to use the fitness equipment. No wet bathing suits, sandals, or bare feet are allowed in the center.
9. There is no food, gum, pets, or smoking allowed in the fitness center.
10. All doors must be secure when you enter or exit the fitness room.
11. If the equipment is not operating properly, please contact Superior Management Services, LLC to make a report.
12. Last person leaving any of the fitness rooms, please make sure all lights, TV’s, and fans are shut off.