

BROADLANDS

FITNESS CENTER

RULES & REGULATIONS

LOCATION

43360 Rickenbacker Square – located below the Clubhouse across from the tennis court

HOURS OF OPERATION

5:00 a.m.–11:00 p.m., daily
Door access is not available after 10:30 pm.

REPORT A VIOLATION

703-729-9704, press 0 -or-
info@broadlandshoa.com

Access & Eligibility

The Broadlands Fitness Center is available for resident use during the posted hours. These hours are subject to change by the Association.

- Each person entering the Fitness Center must be an authorized user and use their own access card. Access card holders may not allow other individuals, including unauthorized users who accompany them, non-residents, or guests, to enter using their card.
- Doors must remain closed and locked and may not be propped open. Do not open the door for individuals asking to be let into the facility. Members who allow unauthorized entry may be subject to suspension of privileges.
- Children under age 13 may not enter or use the Fitness Center. Residents ages 13 through 17 may use the facility only when accompanied by a parent, legal guardian, or authorized access-card holder age 21 or older. Authorized access-card holders age 18 and older may use the equipment unsupervised.

Safety & Facility Care

- All persons use Fitness Center equipment at their own risk and assume full responsibility for any loss or injury related to use of the facility. Members should consult a physician before using the Fitness Center.
- Wipe down equipment after use with the supplies provided. Dispose of all trash, including water bottles and paper towels.
- Windows are only for emergency use and must remain closed and always locked.
- Residents are responsible for maintaining building security while inside the Fitness Center. This includes, but is not limited to, ensuring that front doors are closed and locked, windows are closed and locked, and hallway and bathroom lights are turned off when you are the last person to leave.
- Appropriate workout attire is required, such as T-shirts, tank tops, gym shorts, or warm-up pants. Shirts must always be worn. Only appropriate footwear is permitted. Swimwear is prohibited.

Courtesy & Equipment Use

- TVs must be muted. Use personal headphones to listen to TV audio.
- Cell phone calls are not permitted inside the Fitness Center. Headphones or earbuds are required when listening to music, videos, or other applications with sound.
- Equipment must be shared:
 - Limit use of any machine to 30 minutes when others are waiting.
 - Allow others to work in when doing multiple sets.
 - Do not rest on equipment between sets.
- Food, glass bottles, soda cans, tobacco, drugs, and alcohol are strictly prohibited.
- Horseplay, profanity, disruptive conduct, and indiscreet behavior are strictly prohibited and may result in temporary or permanent suspension of Fitness Center privileges.

Commercial Use

The Fitness Center may not be used to provide personal training to other individuals. No person may bring in or conduct personal training, group, or health-related business of any kind without the Association's prior written consent of the Association.

Violations & Reporting

Penalties for violations will be enforced as follows:

- First offense: A written warning will be issued.
- Second offense, or a major offense: Suspension of Fitness Center privileges.