



808 James Doak Parkway

Greensboro, NC 27455

336-644-0006 ★ www.ridgewoodswimtennis.com

Fitness Room Rules & Regulations

Fitness Room Rules

- Fitness Facility is for members use only.
- Members must sign in during each visit.
- Must be 18 years or older for use; those 14-18 years must be accompanied by an adult during use.
- No food allowed.
- Pets are not permitted in fitness room.
- The fitness rooms are open during regular business hours and during off hours by keyless entry. The fitness rooms are not supervised and use of the equipment is at member's own risk. Please consult your physician before use.
- Wipe down all equipment after use.
- Aerobics and other fitness classes are scheduled throughout the week. A monthly calendar is posted in the aerobics studio and on Ridgewood's website. All classes will be filled on a first-come, first-served basis.
- Personal trainers are available for instruction. All personal trainers who use the facilities at Ridgewood must have prior written approval from the General Manager.