

PINNACLE CONDOMINIUM ASSOCIATION

DLF City Phase-V, Gurgaon-122009
Tel: 0124-4307792

GUIDELINES FOR GYM

- ❖ Gym facility is only for the bonafied residents. Children below 13 years of age are not permitted to use the gym. Guests are not allowed.
- ❖ Consult your physician before use of Gym equipment.
- ❖ Always use proper padded socks/ sports shoes while exercising on the equipment.
- ❖ Keep the loose clothing, shoelaces & towels away from moving parts.
- ❖ Please familiarize with the equipment & used the same with utmost care.
- ❖ Always follow the console instruction for proper operation.
- ❖ Positioning of all exercising equipment is to be ensured during and after usage.
- ❖ In case of any discomfort/ uneasiness during the course of exercise, same should be disconnected immediately.
- ❖ Maintain discipline and have consideration for residents waiting to enable usage of facilities by all.
- ❖ To save power, please switch off the Air Conditioners & lights if you are the last person to leave the gym.

GUIDELINES FOR TREADMILL

- ❖ Please restrict use of Treadmill for only 20 minutes at a stretch if someone else is waiting to use it. Kindly book your turn on the white board to ensure that everyone gets an opportunity.
- ❖ Please stand on the sideboard before starting the machine. To avoid overloading, step on the belt only when it has started moving.
- ❖ Do not hold onto the control panel while working on the treadmill for support. Hold only the sidebars or the front bar for support.
- ❖ Treadmill should not be used by persons weighing more than 160 KG.
- ❖ **Timing:** - 06.00 Hrs. to 12.00 Hrs. and 16.00 Hrs. to 22.00 Hrs.