

Gym Rules

Moreno Valley Ranch Community Association

- Gym hours are: 4am – 10pm, seven day a week.
- Gym is closed daily between 9am – 9:30am, for cleaning.
- No one under the age of fourteen (14) is permitted in the gym at any time.
- Appropriate exercise attire is mandatory.
Shirts and rubber soled shoes are to be worn at all times.
- There is no exercise instructor at the facility.
Use of the equipment is at your risk.
- Use of the equipment is on a first-come basis.
- Only one (1) treadmill clip will be issued per Association Member with an I.D. card.
- When there are Members waiting to use the cardiovascular equipment, use of the equipment is limited to 20 minutes. Once done with treadmill clips, please turn them back in before using any other equipment.
- Guests must be accompanied by an adult Association Member. A Member can have no more than two (2) guests using the gym at the same time.
- Each Member is required to bring their own towel to use to wipe down equipment after use.
- Portable stereos are not permitted in the gym. However, headphones with personal stereos are permitted.
- All participants using the weight machines must have complete control of the amount of weight they are using. The “slamming down” of weight is prohibited.