



MEADOWS FITNESS CENTER RULES

The Meadows Fitness Center is operated by the Meadows Community Association, Inc. (MCA). Management has established a variety of policies and procedures to ensure the members have both a fun and safe experience while using the facilities.

Operating hours are subject to change depending on the time of year and are available on the MCA's website www.themeadowssarasota.org at the discretion of management.

Extended hours for fitness are available for annual members (with signature of policies, terms and waiver of liability) by purchasing a key fob. Current extended hours are 5am-7:30am and 7pm-9pm daily, including holidays. Fob hours are subject to change depending on the time of year and are available on the MCA's website. Please inquire at the Fitness Center.

It shall be the responsibility of each member and renaissance access card holder to be familiar with the Rules and Regulations of the Fitness Center and for the adherence to these rules by their tenants, their guests and themselves.

The Fitness Supervisor, or in his/her absence the designated assistants, will have full charge of the Fitness facilities and will be responsible for the enforcement of the following rules:

1. ID is required to gain access into the Fitness Center, NO EXCEPTIONS. You will need to have your renaissance card with you or picture of it on your cellphone. You can check in using your phone app QR Code. If you have forgotten your card and your phone, you will need to have your photo ID. Free trials can be granted for up to 6 times only and then you will be turned away without proper ID.
2. All equipment and facilities provided at the Fitness Center are the property of The Meadows Community Association and should be used only by members, renaissance access participants and their guests. All members, renaissance access participants and guests must have signed the policies, terms and liability waiver prior to being allowed to participate at the Fitness Center.
3. The MCA does not recommend the use of any fitness machine that the member is not familiar with. It is the responsibility of the member to become familiar with the machine prior to use. Some of the machines in the Weight Room have a QR code available for use instructions and a variety of video instructions can be found on the MCA's website.
4. Members, renaissance access card holders and their guests are required to check in upon entering the Fitness Center. All Guests must be accompanied by host member during use of the facility. Guest fees apply. See full details in the Meadows Fitness Center Guest Policy located on the MCA's website under Fitness.

5. Children under sixteen (16) are not allowed in the equipment area. Children sixteen (16) to seventeen (17) years of age must be accompanied and supervised by an adult 21 or older.
6. Whenever a fire alarm is sounded, immediate evacuation of the building is the appropriate response. If there is a fire alarm while you are using the facilities, you must immediately leave the center through the nearest exit door and remain outside until it has been announced that it is safe to enter the center.
7. Electronic devices may be listened to with headphones only. As a courtesy to others, please silence all cell phones and step outside if a call is necessary.
8. Proper attire is required at all times. What constitutes proper attire will be at the sole discretion of management. Gym shorts, T-shirts, tank tops or sleeveless shirts for men are permitted. Athletic shoes (tennis type) are required for use of the Fitness Center. No open toe shoes are allowed.
9. As a courtesy, fitness equipment should be vacated promptly after use. Do not take rest periods for more than 60 seconds to allow others to work out during extended rest periods. Users must limit their use of the cardio equipment to no more than 30 minutes when others are waiting. Please notify staff if you are waiting to use a piece of cardio.
10. Equipment must be wiped down after each use with the wipes provided.
11. Cost of replacing any MCA property that is broken, damaged or removed by a member, renaissance access card holder or their guest will be charged to the appropriate party.
12. All users assume sole responsibility for their property used or stored on the premises of the Fitness Center, whether in lockers or elsewhere.
13. All backpacks, purses and gym bags must be placed inside a locker.
14. Nothing is to be placed on the floor for storage or left on the floor when not in use.
15. Accessories from the closet must be signed out by the member and returned to the closet by the member. This is not staff responsibility to fill out the sign out sheet or return the item to the proper location in the closet. Members are not to leave accessories on the floor and move on to another machine/workout/room. Members are not allowed to leave accessories on the floor and leave the building without signing them back in.
16. Balancing exercises require the use of one of our balance bars located on the back wall in the Weight Room.
17. If you have an accident or fall, please report it to staff and staff will fill out an incident report.
18. Fees are not refunded due to services impacted by holidays, program cancellations, or unforeseen weather, equipment failure, building-related issues and safety issues.
19. Beverages are required to be in sealed containers and must be kept off the floor. Other than water bottles, food and beverages are not allowed in the center. It should also be noted that water fountains are located near the restrooms.

Fitness Class Access and Usage:

Total charge includes tax (credit card fee is an additional charge)

Requires 24 hour cancellation notice to keep your fee in your account.

All class registration opens 6 days before the class starts. Registration closes 24 hours before class starts. Classes with less than 5 registrations will be cancelled and email notification will be sent to the member's email address on file.

Daily punchcards allow you access for 1 week and must be used immediately.

All plans allow you access for a 1 year period from the date of purchase.

ALL SALES ARE FINAL. No refunds for expired classes, unused classes or no shows.

Fees are not refunded due to services impacted by holidays, program cancellations, or unforeseen weather, equipment failure, building-related issues and safety issues.

Upon purchasing you are acknowledging and agreeing to all terms and conditions.

ALL FITNESS CLASSES ARE SUBJECT TO CANCELLATION BY MANAGEMENT

ALL FEES ARE SUBJECT TO CHANGE BY MANAGEMENT

REVISED JULY 21, 2026