

Autumn Heights Fitness Room
Open Daily 5 am to midnight

For your safety and privacy, access to the fitness center is the solid door east of the main doors to the clubhouse.

1. The Autumn Heights fitness room is available for residents and their guests. Residents must accompany all guests using the fitness room.
2. The fitness room is only open to adults and 13-16 year old teens when accompanied by their parent or guardian over the age of 18.
3. For your own safety and the safety and well-being of others;
 - *Do not use the equipment when you are wet and/or in swimwear. Swimwear is not appropriate attire for the fitness room. Please wear appropriate shoes.
 - *During peak times of use, please limit your exercise time to 30 minutes per machine.
 - *Antibacterial spray is provided for you to use to wipe down the machines when you are finished.
 - *You may have a capped bottle of water, if needed for hydration, but no other food or drink should be in the fitness area.
 - *Remember that sound carries, even inside. So modulate your sound devices in deference to others.
4. When leaving the fitness room, please turn off the exercise equipment, fans and lights.
5. If you will be using the pool or hot tub after your workout, please shower first. Remember the pool and hot tub are only open for the summer season from 9:00 am - 10pm daily.
6. Please report any damage or equipment malfunctions right away to Z&R Property Management at 719-594-0506.

Enjoy!