



Fitness Center Reminders

This is a private facility for the benefit and use of OFR Residents.

Thank you for reviewing and complying with the OFR Fitness Center & Personal Trainer Rules & Regulations which are posted in their entirety on our website (www.myofr.com) and on the bulletin board in the Fitness Center. Here are some brief highlights.

KEYFOBS

- Key fob is required for entry
- Only the resident shall possess the key fob.
- Do not loan your key fob to guests or trainers.

WHO MAY USE

- Use of the Fitness Center is for OFR Residents and accompanied guests only.
- Age 18+ *or* 14+ accompanied by a responsible adult
- Guests may use the Fitness Center no more than 4 times per month and only when accompanied by host Resident.

PERSONAL TRAINERS

- Personal Training is for OFR Residents only. Non-Residents may not be trained at OFR.
- Personal Trainers must be registered with Management prior to starting any services. This includes an application and proof of insurance.

Our Rules were created to reduce liability as well as wear and tear on the equipment and facility in order to control the associated expenses which benefits our membership. In addition, this will avoid the inconvenience to residents who cannot find sufficient space for exercise in the free weight area or who need to wait to use their choice of equipment. Controlling facility use also helps assure that our standards for health and hygiene are met. Failure to comply with any of the OFR Rules and Regulations may result in disciplinary action and possible removal from the OFR Fitness Center.

Please contact Keystone Pacific with questions or concerns.

Renee Barger or Larissa Rounsaville

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Security concerns? Call 911 or Gate Attendant 949-717-5179

www.myofr.com