
EXERCISE ROOM

1. Instructions for the exercise machines that require them are located in the Exercise Room, either near the relevant machine or on a shelf in the alcove. Members of the Exercise Committee are available for group and individual instruction.
2. Residents and guests using the Exercise Room should consult their physicians before using the exercise equipment.
3. The Coffman Condo Association assumes no liability for injuries due to use of the Exercise Room and equipment.

SAUNA:

1. A cleansing shower **MUST** be taken before use.
2. Benches **MUST** be cleaned before **AND** after use. Brushes are provided.
3. Do **NOT** use the sauna alone, if you have physical limitations.
4. To use the sauna: To the right of the door containing the light switch and two timers is a black panel. One timer controls the heat (from low to the highest and hottest [10]); the other timer controls the time. It takes 20 to 30 minute to heat the sauna, depending on your preference. The sauna may be used with dry heat. If moist heat and a greater intensity of heat is desired, splash the rocks on the heater with a dipper of water.
5. After use, turn off the lights and leave the door open.