



Kanonberg
Homeowners Association
Members' Rules
Annexure A | Gymnasium Rules

Amended | July 2025



1. Access and Membership

1.1 Resident

- Permanent residents and their dependents residing in the estate aged 14 and older have 24-hour access to the gymnasium.
- Homeowners who do not reside in the estate may only use the gymnasium if their tenant has formally declined gym access.

1.2 Lodgers

- Lodgers with a minimum 6-month stay may apply for gym access as "Lodger Members"
- A maximum of two lodger members per property and 10 in total across the estate is permitted.
- Lodger members may not bring guests.
- Membership is subject to HOA and Gym Manager approval and fee payment.

1.3 Outside Members

- Outside members must be formally enrolled with the Gym Operator.
- Outside members may only access the estate using the biometric access control system and only for the purpose of visiting the gymnasium.
- Access is restricted to pre-approved time slots or personal training sessions.

1.4 Visitors

- Visitors are allowed on an occasional basis with prior approval from the Gymnasium Manager.
- Visitors must always be accompanied by the residents.
- Only one visitor per resident is allowed at a time and a maximum of three times per month.

2. General Gym Rules

2.1 Use of a towel and closed athletic shoes is compulsory.

2.2 All equipment must be wiped down after use with the sanitizing spray provided.

2.3 Equipment must be returned to its designated place.

2.4 Appropriate gym attire is required shirts must be always worn; offensive or unhygienic clothing is not allowed.

2.5 No smoking, vaping, or alcohol consumption in the gym or clubhouse.

2.6 No eating in the gym; only water or fitness supplements are permitted.

2.7 No pets are allowed in the gym or clubhouse.

2.8 No photographs or videos may be taken inside the gym.

2.9 No outside personal trainers or service providers are permitted.

- 2.10 Group activities (e.g., classes or dance) require prior written approval.

3. Behaviour and Etiquette

- 3.1 Be respectful to other users and gym staff.
3.2 Do not hog equipment or engage in disruptive behaviour.
3.3 Music and TV volume or channels may not be changed.
3.4 No personal (audible) speakers are allowed.

4. Use by Children

- 4.1 Children under 14 may only use the gym under the supervision of a parent/guardian and the Gymnasium Manager or assistant.
4.2 Supervising adults must stay with the child and may not train simultaneously.
4.3 No playing, running, or ball kicking is permitted.
4.4 Children waiting for their parents must remain seated on the benches.

5. Equipment Use

- 5.1 Cardiovascular Equipment
- Limit use to 20 minutes if others are waiting (40 minutes for watt bikes)
 - Clean equipment after use (no water, spray provided).
- 5.2 Weight Training Equipment
- Do not drop or throw weights.
 - Use equipment only for its intended purpose.
 - Use (blocking) of multiple stations is not allowed.
 - Wipe down after use.

6. Squash Courts

- 6.1 Only residents may use the squash courts.
6.2 Residents may bring one guest, provide the resident plays with the guest at all times.
6.3 Non-marking squash shoes are required.
6.4 Court may not be used for other activities.
6.5 Bookings must be made in advance via the Glovent App.
6.6 Operating hours: 06:00-22:00



7. Bathrooms and Showers

- 7.1 Keep facilities clean and tidy.
- 7.2 Showers are for post-workout use only.
- 7.3 No behaviour that may cause offence to others is permitted.

8. Right of Admission

- 8.1 The HOA and Gym Manager reserve the right to deny access to any person not complying with these rules.
- 8.2 Use of the facility is at your own risk. The HOA accepts no liability for injuries, death, or property damage.