

## **Snowden Overlook Community Association**

### **Fitness Center Philosophy Statement**

This document is intended to provide a clear and consistent understanding for current and prospective Snowden Overlook residents regarding the role and purpose of the community fitness center located in the clubhouse. The ages, physical conditions, and usage patterns of the fitness center by residents vary significantly due to the significant range in the demographics of Snowden Overlook residents. The usage population can range from nineteen year old children of residents to residents in their sixties, seventies, eighties, and beyond. As a result of this diversity in population, not every resident's personal preference in terms of specific pieces of equipment can be accommodated or satisfied. Additional factors relating to the inability of the community to provide athletic equipment that satisfies all the preferences of community residents include cost to the community, as well as available space within the clubhouse. The Snowden Overlook fitness center was never intended to replicate the capabilities or offerings of a full scale health club such as Lifetime Fitness, or the Columbia Associations 3 gyms. In addition, the facility was never intended to replicate the capabilities or offerings of a rehabilitation center. Each of those facilities have different missions, and also have significant resources such as space and funding that Snowden Overlook simply does not enjoy. The intention of the fitness center was, and is, designed to offer Snowden Overlook residents and their guests a convenient and broadly equipped facility to exercise, remain physically active, and to interact and socialize with fellow residents. The facility is equipped with 7 aerobic machines (2 treadmills, 3 ellipticals a recumbent bike and an upright bike). Also there are 8 Nautilus machines that allow all major muscle groups to be conditioned and strengthened. Additional items such as free weights, stretching floor mats, and exercise ball are also available. The scope and broad range of available equipment and other items allows virtually every exercise preference to be reasonably satisfied. It is important that each resident understand this fitness center philosophy statement so that expectations can be consistently established, and more importantly, consistently fulfilled.