

HELP US MAINTAIN A SAFE GYM

»» Members and guests under the age of 16 are not permitted to use the Fitness Facilities.

»» Consult your physician before starting any exercise program.

»» Help maintain a healthy, safe environment by following the dress code. Those who don't comply will be asked to leave.

Wear apparel that covers abdomen, chest, and gluteal fold (no sports bras)

Athletic shoes only (no flip-flops or bare feet)



Hammock Beach™

GOLF RESORT & SPA