

816 Congress

Building Fitness Center Rules and Regulations

- Once you have completed the appropriate forms, an assigned access device will be programmed allowing access into both the Building Fitness Center and the appropriate shower/changing area.
- You must utilize your device only for access; the use of another individual's device can result in termination of both people's access & use of the fitness center. Please tap your device at the access device reader every time you enter the fitness center.
- All users should exercise good judgment when selecting proper exercise attire when using the fitness center. All users will be required to wear shirts and athletic shoes at all times (shoes excepted during floor exercises, yoga or aerobics).
- There is a 20-minute time limit on the cardiovascular machines when another user is waiting for this machine. All users are asked to be courteous when working out.
- Please wipe all cardiovascular and weight equipment as you finish utilizing them. Additionally, please clean up after yourself in the workout areas as well as the shower/changing areas.
- Do not drop weights as this creates noise that carries to other floors and lease spaces.
- Televisions are provided for your use at your discretion. Please avoid loud or offensive programs while other users are present. You may bring in your own Blue-ray or DVD to use in the aerobic/floor exercise area. Please turn off the television when you are finished viewing it, unless others are still viewing.
- Use of the fitness center is solely for my individual use, not family or friends. You must be a customer of 816 Congress to use the facility; NO external trainers or instructors are permitted. At no time are children allowed to use any of the equipment in the fitness center.
- The hours of operation are 7:00 a.m. until 7:00 p.m. Monday through Friday, and 8:00 a.m. until 1:00 p.m. on Saturdays, exclusive of Holidays. The fitness center may remain open at other times, or be closed during regular hours, solely at the discretion of building management. The fitness center, including locker rooms, will be closed from 8:00 p.m. until 10:00 pm, Monday through Friday, for cleaning by the building's janitorial contractor.
- The fitness center does not utilize an operator to run the facility. You must provide your own toiletries. Towels are provided.
- There are separate Men's and Women's shower/changing areas and lockers are available for your use. Instructions for the locks are posted in the locker area. All items must be removed from the lockers when you finish utilizing the fitness center and absolutely nothing may be stored overnight. As these lockers are not reserved, they are on a first come, first served basis. Please be considerate of others.
- Items are not to be staged at the showers as you are working out, only placed there just prior to showering. It impedes the flow of people getting in & out in a timely manner.

RELEASE AND INDEMNIFICATION

The undersigned, hereby represents and warrants that he/she has no medical conditions or physical disabilities that would prevent Participant from participating in any physical activity, including but not limited to exercising and physical exertion, and that Participant is in good physical condition and not currently under a doctor's care. Participant further understands and agrees that his/her participation at the Fitness Center is at his/her own risk and he/she hereby agrees to release, indemnify, discharge and hold harmless, absolutely, unconditionally and forever Cousins 816 Congress LLC and any successors-in-interest, their parents and any of their affiliates, subsidiaries and their respective officers, directors, representatives, agents, or employees, from any and all liability by reason of any and all claims, actions, suits, proceedings, costs, obligations, losses, expenses, damages and liabilities, including a) injury to or death of any person(s); b) damage to or loss of any equipment, materials or other personal property; or c) reasonable attorneys' fees arising out of, connected with or resulting from any and all claims of whatsoever kind or nature that may occur as a result of Participant's involvement and participation at the Fitness Center located at 816 Congress.

NAME: _____ **COMPANY:** _____

_____ Men's Locker Room

_____ Women's Locker Room

I understand and agree to the above terms of use of the Building Fitness Center at 816 Congress

SIGNATURE: _____