

**FITNESS CENTER
RULES AND REGULATIONS**

1. The Fitness Center (“Facility”) is available only to individuals that have signed a waiver and have been given their own personal key card. In order to enter into and/or use the Facility, you **MUST** first sign and deliver the Informed Consent and Release of Liability to Property Manager; said form is available for review and signature at the Building Management office.

2. **USER ACKNOWLEDGES THAT NO ATTENDANT IS OR SHALL BE PRESENT IN THE FACILITY, THAT HE/SHE IS AWARE OF THE RISKS AND HAZARDS INHERENT IN ENTERING INTO AND/OR USING THE FACILITY, AND THAT USE OF THE FACILITY COULD CAUSE INJURY TO USER. AS A MATERIAL CONSIDERATION FOR USER TO HAVE ACCESS TO AND USE OF THE FACILITY, USER ACKNOWLEDGES THAT USER’S ENTRY INTO AND/OR USE OF THE FACILITY SHALL BE AT USER’S OWN RISK, AND USER HEREBY ELECTS VOLUNTARILY TO ACCESS AND USE THE FACILITY AND TO VOLUNTARILY ASSUME FULL RESPONSIBILITY FOR ANY AND ALL RISKS OR PERSONAL INJURY, DEATH, PROPERTY DAMAGE OR OTHER LOSS THAT MAY BE SUSTAINED BY USER THAT MAY RESULT FROM OR ARISE OUT OF ENTRY INTO OR USE OF THE FACILITY.**

3. Facility hours are from 7:00 AM until 7:00 PM Monday through Friday. Hours are subject to change.

4. For everyone’s safety, users shall **NOT** admit other people, either known or unknown, to the Facility.

5. Users of the Facility must be 18 years of age or older.

6. Lockers are available for temporary daily use during a user’s exercise period only. No overnight use of lockers is allowed. Neither Owner nor Owner’s agent are responsible for any lost or stolen property.

7. Appropriate athletic attire must be worn. Gentlemen are required to wear shirts at all times.

8. No guests are allowed to use the Facility.

9. No smoking is allowed in the Facility.

10. No food is allowed in the exercise area of the Facility.

11. No profanity or loud music is allowed in the Facility.

12. Please notify Building Management office of any malfunctioning equipment.

TENANT:

By: _____
Name: _____
Title: _____