

1250 24TH STREET FITNESS CENTER
RULES AND REGULATIONS

The following Rules and Regulations are intended to make the fitness center at 1250 24TH STREET (“Fitness Center”) as safe, enjoyable and pleasant as possible for all users. These Rules and Regulations are applicable to all users of the Fitness Center and may be changed from time to time in order to provide for the safe, orderly and enjoyable use of the Fitness Center’s facilities and equipment. The current version of these Rules and Regulations will be posted in the Fitness Center.

The terms “Fitness Center” and “Facility” shall be used interchangeably. All references to “use” of the Fitness Center shall include any entry into and/or use of the Fitness Center and locker rooms.

1. Hours of Operation. The Fitness Center may be used by current building tenant employees who have signed a Waiver of Liability on a 24/7 basis. The Fitness Center may be closed at building management’s sole discretion. Building management reserves the right to adjust hours of operation, including scheduled closures for daily cleaning. Any closures will be posted on the Fitness Center door.
2. Access. Access cards will be needed for entry and will be programmed upon the user signing of the Waiver of Liability form. Users in violation of these rules may have their access to the Fitness Center revoked on a temporary or permanent basis.
3. Clothing. The minimum attire at the facility shall be gym shorts, t-shirts, socks and tennis shoes. Any conventional and tasteful exercise attire is permissible, including leotards and tights, warm-up suits, etc. Sneakers, tennis shoes, or similar footwear must be worn at all times. Users of the Fitness Center must wear clean and appropriate attire when in transit to and from the Fitness Center, which may include, but not be limited to, warm-up suits and sweat suits.
4. Conduct. Any conduct which unreasonably interferes with the use or enjoyment of the Fitness Center or the equipment by other users, or disrupts or interferes with the normal, safe, orderly and efficient operation of the Fitness Center or the equipment is strictly prohibited. All equipment should be wiped down before and after use. All equipment, including but not limited to plates, dumbbells and other ancillary equipment shall be returned to its proper location after use. Users should not engage in loud or lengthy phone conversations in the Fitness Center. Under no circumstances shall users utilize cell phone cameras or other recording devices in the Fitness Center or locker rooms to take photos or otherwise record other Fitness Center users without their consent.
5. Use of Facility.
 - A. Only those individuals that are currently employed by a tenant of 1250 24TH STREET and have signed a Waiver of Liability may use the Fitness Center. No children under 18, guests, visitors, or outside personal trainers are permitted. Any unauthorized person using the Fitness Center will be asked to leave. Any user allowing guests, visitors, or unauthorized personnel to gain access or use the Fitness Center shall have their access revoked.
 - B. The Fitness Center may not be reserved for private use.
 - C. Food and beverages, except for water, are prohibited and shall not be brought into the Fitness Center or locker areas for consumption. Alcohol, smoking/vaping, or use of tobacco products or alcoholic beverages is strictly prohibited. Users shall not use the Fitness Center while under the influence of alcoholic beverages or other substances.
 - D. Daily lockers are available to all users on a first come, first serve basis while they are utilizing the Fitness Center. For safety and hygienic reasons, personal belongings are not allowed to be stored beyond your

workout time. Lockers inside of the locker rooms may be utilized on a longer term basis only after they have been assigned by the property management office. The owner and property management will not be responsible for the damage or loss of any personal property left in this facility. All lockers are subject to periodic inspections at the discretion of the property management office or owner.

- E. Users shall be liable for any property damage to the Fitness Center and the equipment located therein. **NO DROPPING OF THE FREE WEIGHTS.**
 - F. No individual shall leave any litter, trash, debris or clothing in the Fitness Center. These items should be placed in the appropriate waste receptacles and all towels should be removed by owner. Under no circumstances should towels be left in the Fitness Center or locker rooms to dry.
 - G. Usage of the fitness center is at the users own risk. All users of the Fitness Center should be in good physical condition and consult with their personal physician or licensed health care provider in order to determine their level of fitness and whether they may safely begin or participate in a regular exercise program. Users of the Fitness Center should exercise good judgment with respect to their exercise activities and pace themselves accordingly. Participants who experience pain, dizziness, nausea, or shortness of breath while exercising should cease exercising immediately.
- 6. Solicitations and Petitions. Solicitation for the sale of any product or service, or for charitable contributions, and petitions of any kind, are strictly prohibited.
 - 7. Notices, Complaints, or Suggestions. Users shall immediately notify property management or the owner in the event they discover any unsafe or hazardous defect or condition relating to the Fitness Center or the equipment, or any serious breakage, fire, or disorder at the Fitness Center. Complaints or suggestions as to the operation, maintenance, services, or equipment at the Fitness Center are welcome.
 - 8. Headphones. All users are required to use headphones for any personal audio devices utilized while in the Fitness Center. Headphone jacks should be used on all fitness equipment that contains a television monitor or internet service.
 - 9. CDC and DC Health Guidelines. For the safety of all, users should not use the Fitness Center if they are ill. During the pandemic, users are expected to follow CDC and DC Health Guidelines, including not using the Fitness Center during recommended periods of isolation or quarantine. Users of the Fitness Center should comply with all posted signs regarding masks and social distancing while in the Fitness Center. Tenant employees understand that they must be vaccinated for COVID-19 or entitled by law to a reasonable accommodation due to a medical condition or sincerely held religious belief and that their employer may be asked to confirm this before they are provided access to the Fitness Center.
 - 10. Violation of Rules. Failure or refusal to comply with any of these Rules and Regulations may result in the loss of tenant employee's access and use of the Fitness Center.

I have read these Rules and Regulations, fully understand them in their entirety, and agree to abide by them.

_____ **Date**

Print name: _____