

180 NORTH LASALLE FITNESS CENTER RULES AND REGULATIONS

The following Fitness Center rules have been established to ensure your enjoyment and safety when using the facility. We expect members to behave maturely, responsibly and respectfully and therefore insist on your cooperation in observing these rules. We will not tolerate conduct or language that is improper, threatening or hazardous including but not limited to arguing, fighting, use of profanity, indecent behavior or inappropriate sexual activity and reserve the right to deny, suspend or terminate privileges to anyone for failure to comply with these rules.

HOURS

The Fitness Center is open Monday through Friday, 6am – 9pm.

MEDICAL EXAMINATION

All members are strongly encouraged to have a complete physical examination prior beginning an exercise program.

GUESTS

The use of this facility is limited to the employees of the tenants in this building that hold a valid key card for entry into the facility. Bringing guests to the facility is strictly prohibited. All users of the facility must have a signed Fitness Center Waiver form on file in the Office of the Building.

DRESS CODE

Proper athletic attire is required, i.e. athletic shoes, shirts etc.

LOCKER ROOMS

All belongings should be left in the locker room area and not brought to the exercise floor. Due to the limited amount of locker space, locker use is limited to the time you are currently using the facility. Locks may not be left on lockers after you leave. Do not leave valuables unprotected or in your locker. We are not responsible for lost/stolen items.

EXERCISE ETIQUETTE

Personal audio equipment must be used with headphones. Please be respectful and courteous of those waiting for equipment during peak times. Please replace all dumbbells on the appropriate racks when finished. Please wipe perspiration off equipment after use. Show respect for equipment and facility at all times. Do not drop or throw weights. Do not lean weights against the walls or equipment.

FOOD AND DRINK

Food is not permitted in the exercise areas. All beverages must be in plastic containers.

PAYMENT

Membership to the Fitness Center is a one-time payment of \$50.00. We accept only check or money order made out to **180 N LaSalle Property Owner LLC**. Membership will last the entire term of your employment at 180 N. LaSalle.

OTHER

Immediately report any facility related injury and/or any equipment irregularity to building management or security. If you feel faint, dizzy, sick or experience pain and/or have difficulty breathing while using the Fitness Center, stop what you are doing and cool down. If you do not feel better, contact Building Security or call 911 for assistance.