

1200 New Hampshire Avenue, NW - Fitness Center Rules and Regulations

The following Rules and Regulations are intended to make the Fitness Center at 1200 New Hampshire Avenue, NW a safe and enjoyable environment.

1. The Fitness Center may be used only by Tenants of the building for weight training, cardio equipment and aerobics. Guests, including family members, are not authorized to use it. This membership is not transferable in any manner whatsoever, and is for your individual use only.
2. Member must sign and return a Waiver Form, and adhere to these Rules and Regulations at all times.
3. Access is via Datawatch, provided upon receipt of signed Waiver.
4. Landlord may close the Fitness Center at its sole discretion for maintenance and repairs. Tenants will be notified in advance when possible.
5. Smoking is prohibited. Alcoholic beverages are prohibited. Food and beverages (except water and sports drinks in enclosed plastic water sip-bottles) are prohibited.
6. The minimum attire shall be gym shorts, shirts, socks and sneakers. Sneakers, tennis shoes, or similar footwear must be worn at all times.
7. Please limit your workout to thirty (30) minutes on weight-training or cardio equipment if someone else is waiting.
8. Member shall not loiter in the fitness center or locker rooms, or use the other common areas of the building while in gym clothes.
9. Conduct must not interfere with the use or enjoyment of others; it must not disrupt or interfere with the normal, safe, orderly and efficient operation. Member agrees to conduct himself/herself in a quiet and well-mannered fashion when in or about the Fitness center so as not to cause any disturbance which would interfere with the enjoyment and effective use of the fitness center by other Members. Under no circumstances will Member use or exhibit foul, loud, abusive or slanderous language or behavior, or harass, molest, badger or solicit other Members.
10. Headphones should be used for any personal audio equipment.
11. Restrooms, lockers and showers are provided. Lockers are provided **ONLY** while Member is using the fitness center; they reset to 'unlock' after four (4) hours. The lockers will be cleared once a day.
12. Please do not leave litter, trash, debris, clothing, shampoo/soap bottles in the center. These loose items are disposed of at least daily. Owner / Manager assumes no responsibility for personal property / items left in the Fitness Center.
13. Towels are provided by the building and should be disposed properly in the hampers provided in each locker room.

14. Member agrees to utilize the equipment properly and avoid careless use of equipment. Members WILL use a towel during all exercise with equipment which may come in contact with the skin and after using, wipe dry the equipment which may become wet from perspiration. Under no circumstance shall Member move exercise equipment in any manner not authorized in writing by Manager. Movable equipment, such as free weights, should be returned to their designated location.
15. Tenants must notify the Property Management Office immediately in the event they notice any damage, unsafe, hazardous, breakage, or other condition relating to the equipment or anything else in the Fitness Center.

Member agrees to abide by all rules and regulations. These Rules and Regulations may be modified at any time.

A member violating any of the above will be subject to immediate expulsion. Manager reserves the right to cancel any and all rights to use the fitness center should Member fail to abide by such rules or the terms and conditions contained herein.

Complaints are welcome. Please direct these to the Property Manager.