



FITNESS CENTER RULES & REGULATIONS

2100 McKinney is pleased to offer this Fitness Center to its tenant population free of charge asking only that these rules and regulations be followed thus enhancing everyone's fitness experience.

OPERATING HOURS

- The Fitness Center will close only for routine cleaning and maintenance during low traffic, weekend hours.

ACCESS TO THE FITNESS CENTER

- Access will be granted only to those tenants who have signed and dated the Fitness Center Release and Waiver of Liability and the Fitness Center Rules & Regulations documents.
- Only tenants of 2100 McKinney are allowed in the Fitness Center. No family members, children, friends or unauthorized co-workers shall be admitted by a tenant member. Any tenant member providing unauthorized access to anyone will have his or her membership revoked.
- Authorized access shall be granted by and through 2100 McKinney Management Office.
- Access codes are not transferable.
- No one under the age of eighteen (18) years will be granted access to the Fitness Center.

DRESS CODE

- Suitable exercise clothing must be worn at all times.
- Appropriate athletic shoes must be worn at all times on the exercise floor. No bare feet; flip-flops; hiking shoes; high heels; cletes or any variation thereof will be allowed on the exercise floor.

TOWELS

- Towel service is provided for your convenience at the discretion of Landlord.
- Please limit usage to one (1) hand towel and one (1) bath towel per exercise visit and place used towels in hampers provided in restrooms and locker rooms.
- As a courtesy to fellow members, please use Gym Wipes provided to wipe down equipment after each use.

EQUIPMENT

- Equipment and machines are to be utilized in only the manner and purpose for which they were designed.
- During daily peak hours, tenant members utilizing cardio equipment (treadmills, ellipticals or bikes) are asked to limit their sessions to thirty (30) minutes.
- Tenant members must unpack and return barbells/hand weights or free weights to their proper storage position immediately after use.



FITNESS CENTER RULES & REGULATIONS (continued)

SHOWERS / LOCKERS / VALUABLES

- Please keep the shower stalls in neat and clean condition after each use, remembering to remove all personal hygiene products as you exit.
- Complimentary lockers are to be used only during exercise sessions.
- Any locker remaining in use for an extended period will be open by security with any items in the locker discarded. Please, **do not attempt to utilize lockers as a storage vehicle.**
- **2100 MCKINNEY WILL NOT BE RESPONSIBLE IN ANY MANNER OR CIRCUMSTANCE FOR ANY LOST, STOLEN OR DAMAGED ITEMS OF ANY TYPE OR KIND.**

REFRESHMENTS

- A filtered, drinking water system is provided inside the Fitness Center for use by tenant members.
- **NO FOOD OR DRINK FROM OUTSIDE SOURCES IS ALLOWED IN THE FITNESS CENTER.**

EXISTING BUILDING RULES & REGULATIONS

- **ANY AND ALL BUILDING RULES & REGULATIONS IN FORCE PRIOR TO OR AFTER THE OPENING OF THE FITNESS CENTER APPLY TO AND SHALL BE ENFORCED AS THEY MIGHT RELATE TO THE FITNESS CENTER.**

I hereby acknowledge that I have read and fully understand all Fitness Center Rules & Regulations stated herein and further understand that my failure to adhere to any and all said Rules & Regulations may cause my Fitness Center privileges to be revoked.

Tenant Employee Name (**please print**)

Signature

Date

Company

Suite Number