



FITNESS CENTER RULES AND REGULATIONS

The following rules and regulations have been formulated for the safety and well-being of all the tenants of 200 Massachusetts Avenue N.W. Washington, DC. Adherence to these rules and regulations by each and every tenant contributes to a safe, enjoyable, and pleasant use of the Fitness Center for all users.

Use: Only those individual tenants, employees of office tenants, who have executed a Release and Waiver Form may use the Fitness Center. The Fitness Center and its equipment shall be used solely for its intended purpose. Any children using the fitness center must be 16+ and under the constant and direct supervision of their parent.

NO DROPPING OR SLAMMING WEIGHTS! Please be respectful to other tenants in the building.

Hours of Operation: The Fitness Center will be available 24 hours a day, 7 days a week with key FOB access.

Maintenance: The Fitness Center will close on Wednesdays from 10 AM to 11 AM for maintenance, on an as-needed basis.

Clothing: The minimum attire at the Fitness Center shall be gym shorts, tee shirts, and tennis shoes. Any conventional exercise attire is permissible, including leotards, tights, warm-up suits. Sneakers, athletic shoes, dance slippers, or similar closed toe 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.

Towel Service: Any used towels shall be placed in the towel drop locations in the fitness center or each locker room.

Conduct: Any conduct which unreasonably interferes, in the sole discretion of building management, with the use or enjoyment of the Fitness Center by other members or disrupts or interferes with the normal, safe, orderly and efficient operation of the Fitness Center is strictly prohibited. iPods, iPhones, or other similar equipment may not be used without headphones.

Smoking: Smoking, vaping, or any other consumption of tobacco, alcohol, or illegal substance is strictly forbidden in the Fitness Center.

Food and Beverages: Food and beverages shall not be brought to the Fitness Center. Bottled water and sports drinks in non-breakable containers are allowed. No glass is permitted in the locker rooms or fitness center.

Lockers: Lockers shall only be used during the use of the Fitness Center. Items may not be stored in lockers overnight. If you forget your code for your lock, please see the "Experience Manager" for help. All lockers will be reset at the close of business hour every day. Building ownership and building management shall not be responsible for any items left in lockers.

Sauna: Saunas shall be used at the users' own risk. Pregnant women and persons suffering from heart disease, diabetes, high or low blood pressure, circulatory or respiratory problems, seizures, or epilepsy should not enter the sauna without prior medical consultation. No alcohol is allowed in the saunas

Notice, Complaints, or Suggestions: Tenants and employees shall immediately notify Building Management in the event he or she discovers any unsafe or hazardous condition relating to the Fitness Center or any equipment therein, or any breakage, sickness, fire or other disorder at the Fitness Center. Complaints or suggestions as to the operation, maintenance, services, or equipment relating to the Fitness Center are welcome and should be registered through our management portal, IMPAK.

Violation of Rules: Failure or refusal by any tenant or employee to comply with these Rules and Regulations may result in the loss of such employee's privilege of using the Fitness Center at either 200 or 250 Massachusetts Avenue NW.

Landlord reserves the right to add, or delete any Rule or Regulation herein contained and to change the method of operation to ensure maximum enjoyment of the facility.
