

ONE POST FITNESS CENTER RULES & 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 generally open from 6:00 AM – 6:00 PM, Monday through Friday, not including building observed holidays. We reserve the right to close the Fitness Center at any time without notice. Additionally, the Fitness Center is a building amenity and is not supervised or staffed.

USE

MEDICAL EXAMINATION: All users are strongly encouraged to have a complete physical examination prior to beginning an exercise program.

DRESS CODE: Proper athletic attire is required (i.e., athletic shoes, shirts etc.).

FOOD AND DRINK: Food is not permitted in the exercise areas. All beverages must be in plastic containers.

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 & Release of Claims form on file in the Building Management Office.

HEALTH PRECAUTIONS: Users may in the future be required to provide adequate proof of vaccination against certain infectious diseases (e.g., original or copy of CDC Vaccination Record Card) in order to obtain and maintain access to the Fitness Center. All users must practice social distancing (maintaining a distance of 6 feet or more when possible), wear public health mandated face coverings and masks appropriately (if applicable), cover coughs and sneezes, wash hands frequently and/or use hand sanitizer, and disinfect their equipment prior and after use. If you have any symptoms related to COVID-19 or any other infectious diseases, including, but not limited to the following: cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, new loss of taste or smell, you will not be allowed entry into the Fitness Center until you provide positive proof of testing negative for such disease(s).

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. 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 movable equipment (e.g., weights) on the appropriate racks when finished. Please wipe down equipment after use. Show respect for equipment and this facility at all times. Do not drop or throw weights. Do not lean weights against the walls or equipment. Please limit exercise time to 30 minutes per machine during peak hours.

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 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.