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## **FITNESS CENTER RULES AND REGULATIONS**

The following Fitness Center rules have been established to ensure your enjoyment and safety when using the facility.

### **HOURS:**

- Monday through Friday 5am – 9pm
- Saturday 7am – 5pm
- Sunday 7am – 3pm

### **MEDICAL EXAMINATION:**

- All members are strongly encouraged to have a complete physical examination prior to beginning an exercise program.
- All members work out at their own risk.

### **GUESTS:**

- The use of this facility is limited to the employees of the tenants in the building who hold a valid access card for entry into the facility.
- Bringing guests/personal trainers to the facility is strictly forbidden.
- All users must have a signed Fitness Center Waiver form on file in the Office of the Building.

### **DRESS CODE:**

- Proper Athletic attire is required at all times in the fitness center, 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.
- Locker use is limited to the time in which you are currently using the facility.
- Do not leave valuables unprotected or in your locker. Locks may not be allowed on lockers after you leave.
- We are not responsible for lost/stolen items.

### **EXERCISE ETIQUETTE:**

- Personal audio equipment must be used with headphones.
- Please limit time to 30 minutes per machine during peak times.
- Please replace all dumbbells and weights on the appropriate racks when finished.
- Please wipe perspiration off racks when finished.
- 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.

### **SAFETY:**

- Immediately report any facility related injury and/or 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/Office of the Building for assistance via the emergency phone in the workout area.

We expect members to behave maturely, responsibly, and respectfully and therefore insist on your cooperation in observing these rules. We will not tolerate language or conduct which is improper, threatening, or hazardous, including but not limited to arguing, fighting, and the use of profanity, indecent behavior, or inappropriate sexual activity. We reserve the right to deny, suspend, or terminate privileges to anyone for failure to comply with these rules.