

Fitness Room Rules and Regulations

- 1) Only One Ravinia and Two Ravinia Tenants and their employees may be members of and utilize the Fitness Room. Visitors are not permitted.
- 2) Members must be 18 years of age or older.
- 3) Members who participate in the Fitness Room will be doing so at their own risk and accept full responsibility for their participation.
- 4) Liability waiver must be signed prior to the use of ANY equipment.
- 5) Proper attire is required for all participants using the Fitness Room.
- 6) Food is not permitted in the Fitness Room. No gum is allowed.
- 7) Water, Gatorade or sports drinks are permitted provided they are in a sealable, plastic container.
- 8) Radios and tape or CD players are not permitted unless they are personal units (such as an “iPod”) equipped with headphones.
- 9) Smoking and tobacco products are not permitted in the Fitness Room.
- 10) The Fitness Room is not responsible for lost or stolen items.
- 11) Members are required to pick up after themselves, discard trash and remove personal items and locks from lockers daily.
- 12) All members are required to wipe down cardio and weight room equipment after each use. Disinfecting wipes are provided and available for use.
- 13) Weight Area Etiquette:
 - ◆ Other members must be allowed to “work in” between sets.
 - ◆ Return weights to the tree or rack where you found them.
 - ◆ Do not set weights against the wall, mirror, benches or other equipment.
 - ◆ Do not drop weights or dumbbells on the floor or benches.
- 14) Cardiovascular Area Etiquette:
 - ◆ During busy times or whenever someone is waiting for your machine, observe the 30-minute time limit on all cardiovascular equipment.
 - ◆ Wipe down equipment after each use.
- 15) Report damaged equipment immediately to the Property Management Office.
- 16) Members should strictly adhere to posted rules and regulations governing use of the Fitness Room and its facilities.
- 17) The Fitness Room reserves the right to refuse service to any member who violates any rule or regulation, or engages in any verbal and/or physical abuse towards members or any conduct which in the opinion of management is detrimental to the welfare, good order, and character of the Fitness Room.
- 18) Any member who willfully or negligently causes damage to the Fitness Room or the equipment shall be responsible for those damages.

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- 19) The Fitness Room management reserves the right to temporarily close the Fitness Room for maintenance or repairs, or to utilize the facilities for special events, private parties, tournaments, or other activities it may deem desirable.
- 20) Any problems, questions, or concerns regarding The Fitness Room should be submitted to the Building Management Office via e-mail to: linda.cooper@hines.com. Please clearly indicate the issue being addressed, and be sure to include your name and phone number. All e-mails will be carefully reviewed.

Print Name: _____

Phone (cell): _____ (office): _____

Building Access Card #: _____
(Located on the back of your access card [Example: 01234 56789123-1A])

Email: _____

Sign: _____ Date: _____

By signing the attached waiver I hereby agree to comply with the Fitness Room's Rules and Regulations described above as part of my membership in the Fitness Room. I understand that my membership privileges may be terminated by my failure to comply with the Fitness Room Rules and Regulations.