

**Prominent Pointe  
Fitness Center  
Rules and Regulations**

- A Release Indemnification Form must be signed by every individual who wishes to use the Building Fitness Center **prior** to using the facility.
- The Fitness Center, Showers and Locker Room are located in Building G on the 2<sup>nd</sup> Floor.
- All users should exercise good judgment when selecting proper exercise attire when using the Fitness Center. All users will be required to wear shirts and athletic shoes at all times (except floor exercises, yoga or aerobics).
- Always wipe down machines after each use.
- There is a 20-minute time limit on the cardiovascular machines when another user is waiting for this machine. All users are asked to be courteous when working out.
- Televisions are provided for your use at your discretion. Please avoid loud or offensive programs while other users are present.
- The Fitness Center is solely for your individual use, not family or friends. You must be a tenant of Prominent Pointe to use the facility. At no time are children allowed to use any of the equipment in the fitness center.
- The hours of operation of the fitness center are 6:00 A.M. to 9:00 P.M., Monday through Friday and 8:00 A.M. – 1:00 P.M. on Saturday (excluding building holidays). The Fitness Center will be cleaned by the building's janitorial contractor starting at 9:00 P.M. Monday through Friday.
- The Fitness Center does not utilize an operator to run the facility. You must provide your own toiletries and towels. All items left behind in the Fitness Center, Lockers or Showers will be disposed of each night by the janitorial crew.
- There are a limited number of lockers in the Shower/Locker Rooms. All lockers are on a first come, first served basis. You must provide your own lock for the locker and it must be removed along with all of your belongings immediately following your work-out. Due to the limited number of lockers available, we cannot allow locks to be left on all day. When this occurs, the lock may be removed and any personal articles in the locker will be placed in the lost and found in the Management Office for 30 days and then discarded if not picked up. We accept no responsibility for articles left behind.

**I understand and agree to the above terms of use of the Fitness Center at Prominent Pointe.**

**Name:** \_\_\_\_\_ **Signature:** \_\_\_\_\_

**Company:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Access Card #:** \_\_\_\_\_