



## **600 MASSACHUSETTS AVENUE FITNESS CENTER**

### **Rules and Regulations**

Rules and regulations for the use of the 600 Massachusetts Avenue Fitness Center, defined as the exercise, cardiovascular, and weight training facilities and equipment, lockers, showers, message area and flex room, and are established and enforced by Gould Property Company. Each tenant employee is required to comply with the following rules and regulations. The 600 Massachusetts Avenue Fitness Center reserves the right to amend, delete or add to these policies and procedures as necessary for the proper operation of the facility.

**PLEASE READ AND SIGN. THIS SIGNED COPY OF THE RULES AND REGULATIONS WILL BECOME PART OF YOUR PERMANENT FILE.**

### **HOURS OF OPERATION**

Monday – Friday:	6:00 am to 8:00 p.m.
Saturday:	6:00 am to 3:00 p.m.

The 600 Massachusetts Avenue Fitness Center reserves the right to alter and amend the hours of operation from time to time as the need arises.

NOTE: the Fitness Center will be accessible 24/7 but conditioned air will only be provided during the Hours of Operation.

### **GUEST RULES**

The 600 Massachusetts Avenue Fitness Center is for the exclusive use of the tenant employees at 600 Massachusetts Avenue Commercial Office Building. All users must have an executed Waiver of Liability on file with 600 Massachusetts Avenue prior to using this facility. Waivers will be issued by your department head. Guests are not permitted to use the 600 Massachusetts Avenue Fitness Center under any circumstances, this includes personal trainers. The “no guest” policy is necessary for insurance purposes.

### **FOOD AND BEVERAGE/SMOKING/VAPING**

No food or beverages will be consumed in either the locker rooms or exercise room except during special events sponsored by the 600 Massachusetts Avenue Fitness Center. Plastic water bottles are permitted in the 600 Massachusetts Avenue Fitness Center. Smoking, vaping and the use of any tobacco related product is absolutely prohibited within the confines of the facility including the locker rooms.

### **PROPER ATTIRE**

While using the 600 Massachusetts Avenue Fitness Center, individuals may wear: shorts, tank tops, warm-up suits, tights, or leotards. Shirts are required and appropriate footwear must be worn at all times. NOTE: The 600 Massachusetts Avenue Fitness Center reserves the right to deny admission to anyone wearing attire with suggestive, lewd, or offensive legends or logos.

### **LOCKERS**

Lockers are available for use during each exercise session. The 600 Massachusetts Avenue Fitness Center and its affiliates are not responsible for items lost, stolen, or damaged while stored in lockers. Gym bags will not be allowed in the exercise room. **PERSONAL BELONGINGS ARE NOT TO BE LEFT IN LOCKERS, EXCEPT WHILE YOU ARE EXERCISING. ANY ITEMS LEFT**

OVERNIGHT WILL BE REMOVED.

## **TOWELS**

The 600 Massachusetts Avenue Fitness Center provides a towel service. Tenant employees are expected to use a sanitizing wipe not a towel when exercising to wipe perspiration off of the machines. There is a **two towel limit** per tenant, please be conscious of this. Towels are to be returned to the proper receptacles in the facility. Abuse of the towel privilege may result in the elimination of towel service to the facility.

## **SHOWERS**

Toiletries are provided in the locker rooms for your convenience. These amenities will be discontinued if this privilege is abused, i.e., items provided are removed from the locker room, with the exception of face masks.

## **BEHAVIOR AND COMPORMENT**

The Fitness Center is for the exclusive enjoyment of all authorized Tenant employees. Therefore, it is important to recognize that a respectful, business-like environment is maintained within the facility at all times. Disruptive or inappropriate behavior, including excessive loud talking, prolonged cell phone use, swearing etc., will result in the Tenant employee's access being revoked. Tenants who may have recently consumed alcohol, marijuana or other behavior altering substances are not allowed to use the facility.

## **LIFE SAFETY**

Tenant employees must abide by all life safety instructions, including evacuation of the facility as required.

## **PERSONAL TRAINERS & SPA SERVICES**

Personal Training and Spa Services are arranged exclusively through the 600 Massachusetts Avenue Fitness Center Director. Due to insurance liability requirements, no outside personal trainers, masseuses or others are allowed within the Fitness Center.

## **EQUIPMENT**

Tenant employees are to return all equipment to its proper location when they have completed their workout in the free weight area. All cardiovascular equipment must be wiped down by the user using the sanitizing wipes provided in the facility. Tenant employee personal fitness equipment is not allowed in the facility.

## **EQUIPMENT MALFUNCTIONS**

Tenant employees must immediately report any piece of equipment that is not functioning properly so that it may be evaluated and serviced promptly. Please understand and acknowledge that equipment may, from time to time, be out of order. When special factory parts must be ordered, some units may be unavailable for several weeks. Please understand that any equipment in need of maintenance will be repaired as quickly as possible.

## **COMPLIANCE**

Tenant employees are required to comply with the policies and procedures of the 600 Massachusetts Avenue Fitness Center and to be under the guidance and supervision of the 600 Massachusetts Avenue Fitness Center Property Management staff and its contractors while in the facility. If a tenant employee violates any of these policies and procedures or any other rules posted in the facility, or if a tenant's conduct is not in the best interest of the property, the 600

Massachusetts Avenue Fitness Center may elect to suspend/terminate the individual privileges after giving proper notice of such violations to the tenant.

**AUDIO DEVICES**

All audio devices i.e. cell phones, tablets, laptops must be connected to headphones, wired or Bluetooth when projecting sound. The Fitness Center offers complimentary wired headphones, if needed.

**PHOTOGRAPHY**

Photography and videography of any kind is strictly prohibited 24/7 in the Fitness Center in order to respect the privacy of other tenants and visitors. Use of cell phone video (e.g., Zoom, Meet, Teams, Facetime, etc.) is prohibited at all times.

**SPA ROOM**

Entrance to the Spa Room is prohibited outside of appointment hours. Use of the Spa Room is available by appointment only. Scheduling appointments can be done by contacting your Fitness Center Director.

**GROUND FORS FOR REVOKING OR SUSPENDING TENANTSHIP**

Violation of any rule or regulation set by the 600 Massachusetts Avenue Fitness Center is grounds for either suspension or revocation of privileges.

**I have read the above rules and regulations pertaining to my participation in the 600 Massachusetts Avenue Fitness Center. I will comply with said requirements with the understanding that if I do not, my tenant privileges may be forfeited.**

\_\_\_\_\_  
*Signature*

\_\_\_\_\_  
*Date*