

The Golden Rule Building Fitness Center
Rules & Regulations
Published March 19, 2018

Release and Indemnity Agreement

- A current Fitness Center Release and Indemnity Agreement (“Agreement”), incorporating these rules and regulations by reference, must be must be completed and signed by each user prior to granting access to the space.

Hours of Operation

- 5:00 a.m. – 8:00 p.m. (Daily)

Location

- Located in the lower level of the Golden Rule Building.

Security/Accessibility

- The Fitness Center may be used only by employees of tenants and subtenants who work in the Golden Rule Building, 81 On Seventh, and The 428 Buildings. Employment in these buildings must be verified. Visitors may not use or enter the Fitness Center, and no persons under the age of 18 may use or enter the Fitness Center.
- The Fitness Center is a locked and secured space. Tenants who wish to use the Fitness Center must request access into the space.
- A Security Card Access Administration fee will be collected prior to granting access to the space. The initial Security Card Access Administration fee will grant access to the space through the last day of the following March at which time, access to the Fitness Center will terminate. Effective April 1st of each year, additional Security Card Access Administration fees will be collected prior to providing access to the Fitness Center. Payment can be made electronically utilizing PayPal.
- Users must have a photo I.D. on file in Building Management’s Security Card database. Photos will be taken in the Building Management office.
- For security and safety reasons, always swipe your card to gain access to the Fitness Center. Please do not follow someone into the space without swiping your card.

General Rules/Regulations

- The Golden Rule Building suggests that approval is obtained from your physician prior to commencing or modifying an exercise program.
- Each user must keep noise levels to a minimum level acceptable for an office building environment. No audible radios or other electronic devices without ear buds are permitted (unless approved by Building Management for “Class” purposes).

- The use of cameras and recording devices will not be permitted. If cell phones have these features, please refrain from using these features in the Fitness Center.
- No food or beverages (except for water) are permitted in the Fitness Center. No glass containers may be brought into the Fitness Center.
- Each user is requested to pick up their towels, water bottles, newspapers, and magazines immediately after use.
- Proper attire, including shirts, shorts and athletic shoes must be worn in the Fitness Center at all times.
- Wall-mounted, flat screen televisions are located in the fitness center. Audio for the televisions may be attained by tuning your radio to the station provided. Please do not change the stations or request Building Management to change the stations.
- Each user must observe all requirements and warnings of posted signs.
- Each user is responsible for any damage to the Fitness Center caused by such user.
- Building Management and the Security personnel reserve the right to remove anyone from the Fitness Center or terminate access at Building Management's full discretion.
- To the extent of any conflict between the provisions of these Rules and Regulations, the provisions of the general Building Rules, and the provisions of any posted signs, the provision which is the more restrictive will prevail.
- Building Management reserves the right to change these rules and facility operations at any time.

Equipment

- The Fitness Center includes a wide array of cardio equipment including treadmills, elliptical trainers and bicycles. Strength training equipment includes hydraulic machines, free weights, and a Hoist Smith machine.
- Please use the equipment appropriately and replace weights after use. Please do not drop weights. Dropping weights is potentially harmful to the flooring and the equipment.
- Equipment sanitizing wipes are provided in the cardio and strength training areas. **It is each member's responsibility to WIPE DOWN the equipment after each use.**
- Please do not use the equipment on the walls/mirrors. For example, do not throw medicine ball against wall/mirror or prop weight against wall/mirror. The soft inflatable balance balls may be used as a prop against the painted wall to facilitate with exercises such as squats, but cannot be used against any of the mirrors.
- During peak hours, or while others are waiting, each user's time on the cardio equipment may be limited to a total of no more than 30 minutes.
- The equipment must be used only for their intended purposes. No equipment shall be used unless the user is already familiar with its proper use.
- Please notify building management with any equipment issues.

Fitness Studio

- The Fitness Center Studio is available for users who are participating in fee based fitness classes or independent stretching.
- Please do not use the walls of the Studio for catch and release type of exercises.

Shower/Locker Rooms

- Showers/Locker Rooms are located in the lower level of the Golden Rule Building.
- Lockers are available in the shower/locker rooms for storage of your belongings while you are using the shower/fitness facilities. Personal padlocks are suggested to secure possessions in the lockers. Any locks left on lockers overnight will be cut off and all personal items will be removed and disposed of. Building Management is not responsible for any lost or stolen items.
- A limited amount of long term personal use lockers are available with the rental of an indoor bike storage space. Please visit the Building Management office in Suite 200 to inquire about indoor bike storage.
- The code to gain entry into the shower/locker rooms can be obtained from the building management office.

Thank You for being respectful of others and this facility. Please notify management if the Fitness Center needs attention or if you experience any problems.

Commercial Real Estate Services, Inc.

Building Management

651.290.8890