

ONE MAGNIFICENT MILE FITNESS CENTER RULES



The following Rules apply to your use of and presence in the Fitness Center. These are the Rules incorporated into your Waiver and Release Form. The 980 North Michigan Avenue Landlord is not obligated to provide this Fitness Center and your access and use is expressly conditioned upon your agreement to abide by these Rules, as such may be amended from time to time, with notice by posting.

HEALTH AND SAFETY

Before beginning any exercise and periodically thereafter, consult your physician to ensure that you are both sufficiently physically fit and understand any and all limits to exercise.

SHOULD YOU FEEL PAIN, FAINT, SHORTNESS OF BREATH, NUMBNESS, DIZZINESS, OR ANY OTHER ADVERSE EFFECT, IMMEDIATELY STOP EXERCISING. YOU SHOULD DETERMINE WHETHER YOU SHOULD CONSULT YOUR PHYSICIAN OR CALL 911. PLEASE DO NOT DELAY IN DETERMINING THE SERIOUSNESS OF YOUR CONDITION.

Afterwards, you may call Landlord security and they will be ready to receive emergency personnel.

The Fitness Center is not staffed. The Landlord does not supervise the use of the Center, the behavior of its users, or unauthorized access.

Before using any exercise equipment, read and ensure you understand and during exercise follow any and all manufacturer's instructions. The Landlord does not endorse any exercise program or particular exercise activity. It is solely up to you to determine how to use each piece of exercise equipment. The Landlord reasonably believes equipment to be in safe condition. HOWEVER, ANY AND ALL FACILITIES AND EQUIPMENT ARE EXPRESSLY IN AN AS-IS, WHERE-IS CONDITION, AND THE LANDLORD EXPRESSLY DISCLAIMS ANY AND ALL WARRANTIES THAT SUCH ARE SAFE AND/OR IN GOOD REPAIR, FIT FOR THE PURPOSE INTENDED, AND OR ANY OTHER WARRANTY OR REPRESENTATION. Immediately report any facility related injury and/or any equipment irregularity to Landlord management or security.

IF IN DOUBT

CALL

911

- PAIN
- FAINTNESS
- DIFFICULTY BREATHING
- NUMBNESS
- DIZZINESS
- NAUSEA

ACCESS

The Fitness Center hours are Monday – Friday, 5:00 am – 9:00 pm, closed on holidays and other times at the discretion of the Landlord. Please ensure that you leave the Fitness Center by the closing time.

Only authorized tenants and their employees are allowed in the Fitness Center. Please only use your [[key card]] for yourself. Do not hold the door open for others, even if they are familiar to you.

No guests are allowed; no “day passes” or other temporary access is allowed.

Other than physical trainers (as described below), the Fitness Center may not be used for commercial purposes.

No advertisements, promotions, or other signs may be posted.

PHYSICAL TRAINERS

The Landlord does not provide, employ, endorse and/or supervise physical trainers or similar personnel. If you desire to use a physical trainer, they must first register with the Landlord and enter into a waiver, release, and indemnification agreement in the required form. The Landlord may suspend or terminate your physical trainer's access to the Fitness Center without notice and/or cause. Any action by the Landlord to allow or suspend registration is solely for the benefit of the Landlord and does not constitute any determination of competence, safety, and/or any other matter.

All physical trainers shall limit their work to their individual client and shall not offer, solicit, or promote their business to any other person.

BEHAVIOR AND ETIQUETTE

Users of the Fitness Center must behave in a responsible and courteous manner.

User shall:

- Not bring in cameras or mobile phones into the Fitness Center.
- Wear proper athletic attire, i.e. athletic shoes, shirts etc.;
- Only bring water into the Fitness Center. Food and glass containers are not allowed;
- Keep their immediate exercise area free from towels, cords, and other trip hazards;
- Use headphones with audio equipment and keep conversations (including instructions from physical trainers) to no louder than conversation level;
- Be respectful of those waiting for equipment during peak times. Allow others to rotate through equipment and not monopolize such for long periods;
- Replace all dumbbells and weights on the appropriate racks when finished. Do not drop or throw free weights or lean such against equipment or walls;
- Wipe-off contact points on equipment after use; and,
- Keep locker room and shower facilities clean and pick-up all clothing, towels, and other items.

Users shall not:

- Engage in conduct or language that is threatening (including arguing, fighting, use of profanity), indecent behavior, sexual advances and/or sexual activity.

LOCKER ROOMS

Users are advised not to bring valuables into the Fitness Center. Due to the limited amount of locker space, locker use is limited to the time a User is currently using the facility. Locks may not be left on lockers after a User leaves. Each evening all remaining locks will be cut off and locker contents shall be discarded. Do not leave valuables unprotected or in your locker. Landlord is not responsible for lost, stolen, or discarded items.

THE LANDLORD SHALL NOT HAVE ANY DUTY TO ENFORCE RULES AND ANY ACTION TO ENFORCE OR REFRAIN FROM ENFORCING ANY RULE SHALL NOT CREATE ANY LIABILITY IN THE LANDLORD. THE LANDLORD RESERVES THE RIGHT TO DENY, SUSPEND OR TERMINATE ACCESS TO THE FITNESS CENTER WITHOUT NOTICE TO ANYONE FOR FAILURE TO COMPLY WITH THESE RULES.